

20 YEARS OF THE WORLD'S BEST MUAY THAI & KICKBOXING

INTERNATIONAL KICKBOXER

PROUD PARTNER OF



MARCH / APRIL 2015

AUS. \$9.50 INC. GST

NZ \$10.80 INC. GST



THE BEST
OF 2014
WHAT TO
WATCH IN
2015

ON FIRE!
HOT CHILLI
UNDER THE
RADAR

AUSSIE
LEGEND
**SAM
GRECO**

PLUS

+ TUM
+ NEW BLOOD
+ HOT IK GIRL
+ MELINA YUNG
+ ALEX PETROULIAS
AND MUCH MORE!



CHAMPION
OF THE WORLD
**CALEY
REECE**



THE MULTI-SPORT FE

MAJOR SPONSOR

Supps **R** Us



MELBOURNE 2015

MARCH 13TH, 14TH & 15TH

DYMATIZE
NUTRITION

PLATINUM
LABS

INTERNATIONAL
KICKBOXER
MAGAZINE

NDA
INTERNATIONAL LOGISTICS COMPANY

FESTIVAL IS COMING!

ARNOLD MARTIAL ARTS FESTIVAL 2015

Arnold World All Styles Championships

Arnold Taekwondo
Championships

Arnold Karate
Championships

Arnold Kung Fu
Championships

Arnold Kyokushin
Karate Championships

Arnold BJJ
Championships

Arnold MMA
Championships

Arnold Kickboxing
Muay Thai Championships

- Spectacular 3 day, multi-discipline martial arts event focusing on the competitors
- Events open to adults, juniors, men & women.
- Exclusive Arnold Martial Arts Festival Trophies
- Exclusive Arnold Martial Arts Festival Participation Certificates
- Martial Arts and Fitness Expo
- Celebrity Speakers and Action Movie Stars

Venue: Melbourne Convention and Exhibition Centre

Event Director: Silvio Morelli

email silvio@arnoldclassic.com.au

FREE COMPETITOR KIT
WITH EVERY
REGISTRATION

KIT INCLUDES

- 3 day expo pass
- Event T-Shirt
- adidas combat Equipment Voucher
(Redeemable on adidas combat purchase over \$350)
- One week VIP Doherty's Gym Membership
- Sports Supplement Trial Pack
- Arnold Classic Poster
- 3 month Digital Magazine Subscription
- Shaker/Drink bottle
- Copy of Blitz Martial Arts Magazine

\$345 TOTAL VALUE



ARNOLD WILL BE THERE - WILL YOU?



www.aca2015.com.au



FEATURES

34 CALEY REECE

A year to remember

Long been considered Australia's, and even the world's, greatest female Muay Thai fighter, Caley Reece proved to have a very successful yet tough 2014, winning America's top belt and also defending her WMC world title in the space of five weeks. With the new year well on its way, Reece reflects on the past year and what we can expect from the fighting star in 2015.

42 VICTOR NAGBE

On fire

Following in the footsteps of Australian legends 'John' Wayne Parr and Soren Monkongthong, Victor 'Hot Chili' Nagbe is the latest Australian import making waves on the Thailand fight scene and around the world.

46 ALEX PETROULIAS

Chasing greatness

While he concedes that the 'golden era' of the '90s is over, Alex 'The Great' Petroulias has his sights set on carrying on the strong tradition of talented Greek-Australian fighters produced by this country for years to come. Inspired by the likes of Stan 'The Man' Longindis and Sam Greco before him, Petroulias is striving to create his own legacy in realms on Aussie Muay Thai.

62 TUM SITYODTONG

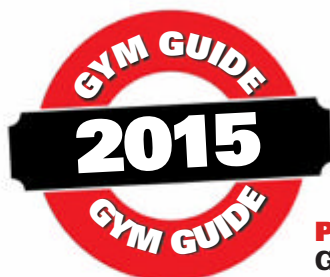
New home, new beginnings

Tum Sityodtong has lived and breathed Muay Thai since the age of nine, forging a career in the ring amongst the art's elite in Thailand. Now, having traded the hot and humid beaches of Pattaya for the vast urban sprawl of Melbourne, Tum is champing at the bit to showcase the 'art of eight limbs' to local crowds in its purest form.

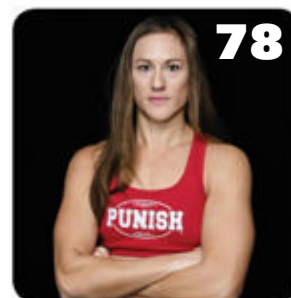
78 MELINA YUNG

Miss 24/7

At the end of 2014, Melina Yung takes a deep breath and reflects back on a massive year in the sport. She represents the saying '24/7' perfectly and it's evident her passion lies within the industry, dedicating nearly every waking hour to Muay Thai.

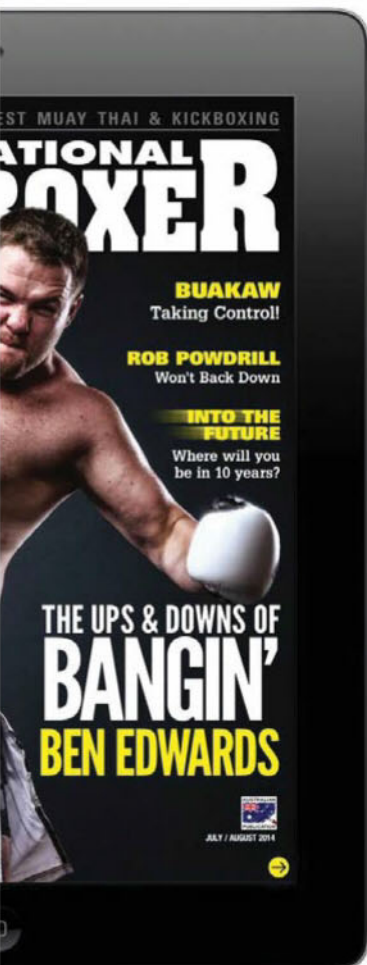


PAGE 52
GYM GUIDE 2015



Anytime, Anywhere, Access!

The **International Kickboxer Magazine** app is now available!



- All your issues on one device • Never miss an issue again • Exclusive video content
- Instructional technique slideshows • All the latest news and views from the kickboxing & Muay Thai industries



Amazon, Kindle, Fire, and all related logos are trademarks of Amazon.com, Inc. or its affiliates.

Android is a trademark of Google Inc.

Apple, iPad, iPhone, iPod touch, and iTunes are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.



Search for **INTERNATIONAL KICKBOXER**

REGULARS

- 10 OPENING SHOT**
Up-close action
- 16 RINGSIDE ROUNDUP**
Latest news
- 22 20 QUESTIONS**
Sam Greco
- 24 TRAINERS FORUM**
2014 round-up
- 68 NEW BLOOD**
Australian up & comers
- 72 FIGHTING FOOD**
End of year
- 74 TECHNIQUE**
Fighting lessons
- 84 THAI NEWS**
The latest from Thailand
- 90 IK GIRL**
Bec Chandler
- 92 GYM CLASSIFIED**
Australian gym directory
- 97 RANKINGS**
Official IK rankings

22



56



74



84



90



BLITZ PRESENTS INTERNATIONAL KICKBOXER

EDITORIAL

EDITOR Jarrah Loh
jarrah@blitzmag.com.au

MANAGING EDITOR Ben Stone

EDITORIAL ASSISTANTS

Molly Morelli, Zach Broadhurst

ART

ART DIRECTOR Javie D'Souza

GRAPHIC DESIGNERS

James Steer, Adam Summers, Zeenia Lakhani,
Adibowo Rusli, Lysha Moniz, Diep Nguyen, Jonathan Rudolph

DIGITAL & ONLINE

HEAD OF DIGITAL STRATEGY Alison Adey
SENIOR WEB DEVELOPER David Ding
APP MANAGER/MARKETING Karl Nemsow
WEB DESIGNER Amanda Oliver
VIDEO EDITOR Justin Oleyar
ONLINE CONTENT PRODUCER Zach Broadhurst

PHOTOGRAPHERS

Charlie Suriano, Terry Vorg, Rob Cox, Emanuel Rudnicki, William Luu

ADVERTISING SALES

NATIONAL SALES DIRECTOR Wendy Berry
NATIONAL ADVERTISING MANAGER Luke Hatty
GROUP MANAGER - NATIONAL ADVERTISING Keith Rozario
keith@blitzmag.com.au

SALES CO-ORDINATOR Liz Forrester

MARKETING

MARKETING & EVENTS MANAGER Linda Higgins
linda@blitzmag.com.au



BLITZ PUBLICATIONS
& MULTI-MEDIA GROUP PTY. LTD.

CHIEF EXECUTIVE OFFICER Silvio Morelli
GENERAL MANAGER Natalina Burley
CHIEF FINANCIAL OFFICER Stefanie Morelli

ADMINISTRATION & CUSTOMER SERVICE

FINANCE Min You
SUBSCRIPTIONS MANAGER Angelina Modica
CUSTOMER SERVICE Frances Ricchetti, Robyn Newman
Email: customerservice@blitzmag.com.au
Phone: (03) 9574 8999 Fax: (03) 9574 8899
PO Box 4075, Mulgrave, 3170
Web: www.kickboxermag.com.au

Articles published in this issue of *International Kickboxer* are Copyrighted © 2015 and are published by Blitz Publications and Multi-media Group Pty Ltd under license from Bushi Pty Ltd.

PRINTING

GRAPHIC IMPRESSIONS AUSTRALIA PTY LTD.

Ph: (03) 9574 9211
Web: www.gimpressions.com.au

DISCLAIMER

Opinions and viewpoints expressed in *International Kickboxer* do not necessarily represent those of the editor, staff or publishers. Responsible instructors, individuals or organisations with something valid and relevant to say will, whenever possible, be given the opportunity. Reproduction of any material without written permission from the publishers is strictly prohibited. The acceptance of advertising does not necessarily imply endorsement of services or products. All articles, photographs and other material submitted for publication in *International Kickboxer* must be accompanied by a stamped, self addressed envelope. Contributions are submitted at the sender's risk and while all possible care will be exercised, we cannot accept responsibility for loss. Please see www.blitzpublications.com.au/privacy-policy for privacy policy.

International Kickboxer is on newsstands in:

 Australia	 Taiwan	 Canada	 USA
 China	 Malaysia	 Singapore	 Thailand
 South Africa	 Mauritius	 Hong Kong	 New Zealand

HAVE YOUR SAY TO WIN!

Be in the running for a

\$250



VOUCHER*



Just tell us your thoughts
on Australia's number one
kickboxing magazine.

BLITZ PRESENTS INTERNATIONAL KICKBOXER

GO TO
KICKBOXERMAG.COM.AU/SURVEY
TO ENTER

* The winner will receive a \$250 RedBalloon voucher. See www.kickboxermag.com.au/survey for full terms and conditions.

CONNECT & with your favourite

20 QUESTIONS

Toby Smith



1 What would you be doing if you weren't a fighter?

I would be working as a roof carpenter and doing FMX.

2 Do you have any superstitions when fighting?

The day before the fight and the day of the fight I pray a lot.

4 What is a surprising fact about you?

I scream in my sleep and sleepwalk.

5 How would someone close to you describe you?

Hard working, always down for a good laugh and a person you either love or hate.

6 What is one thing you are good at (apart from fighting)?

Eating doughnuts!



7 Favourite fighter?

Petch Boonschu or Seenuai Sor Sunanchai.

8 Favourite food?

Krispy Kreme.

9 Favourite drink?

Soy cappuccino.



14 Dream wheels?

Harley Davidson Forty-Eight.



10 Favourite tunes?

Drum 'n' base.

11 Favourite TV show?

Man v. Food.

12 Favourite movie?

Harold and Kumar go to White Castle.

13 Dream girl?

Emma Watson.



15 Dream bout?

Me and Buakaw.

16 What can't you stand?

People who make up excuses when they lose.

17 Best fight memory?

Winning by KO for the WPMF belt in Thailand.

18 Biggest/best break you ever got?

Quitting work and becoming a pro Muay Thai fighter.

19 In 10 years I'll be...

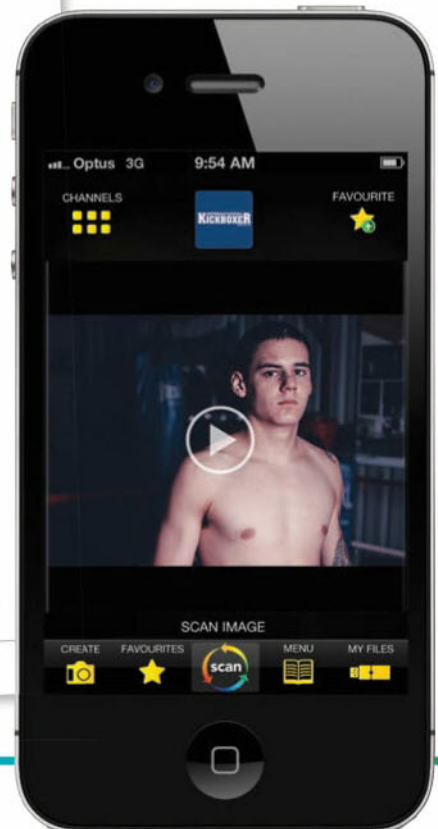
Retired from fighting and running my own gym.

20 What piece of advice would you give to an up-and-coming fighter?

Fight as much as you can, fight the best to become the best.



When you see this In-Site logo in the magazine, select the **International Kickboxer** magazine channel in the App from the channel list, hold your phone over the page and watch content come to life!



INTERACT

magazine

Bringing magazine content to life

- **Download, store & view** exclusive videos, image galleries and additional content
- **Share** content via email, Facebook & Twitter
- **Save** downloaded content and store for future reference
- **Create** and submit your own content for publishing
- **Visit** your favourite magazine website
- Enter **competitions**, download discount **vouchers** and **special offers**
- **Vote** in polls
- **Interact** & communicate with our editors & experts and much much more...

HOW TO USE In-Site

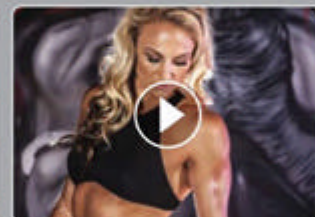
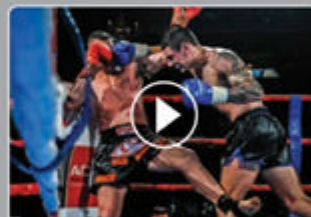


1 Download FREE App

2 Open In-Site App and select magazine channel

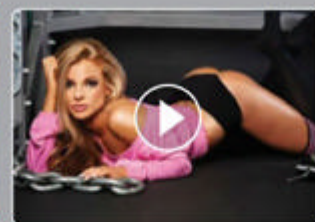
3 Scan over page to access rich content

THIS MONTH's In-Site content



This month's In-Site content

- 24 Check out all the best shots from 2014!
- 34 Watch Australia's own Caley Reece in action.
- 38 Check out the full image gallery of beautiful femme fatale Caley Reece.
- 42 See more of Victor 'Hot Chilli' Nagbe in action
- 90 Grab the bonus photos of our hot IK Girl!



Download this free App from:



Download
your
free
App now

UNCAGED

Michael Badato kicks high into Yohan Lidon of France during CMT5. Badato went on to take the knockout victory in the end at the Logan Metro Sports Centre on 6 December, 2014 in Brisbane.

PHOTO BY CHRIS HYDE /GETTY







AUSSIE FIRE

Young Aussie Millad Farzad launches a knee into former Thaifight tournament champion Farmongkol. Farzad stunned the crowd when he sent the Thai to the floor, ending the fight in the second.

PHOTO BY ROB COX

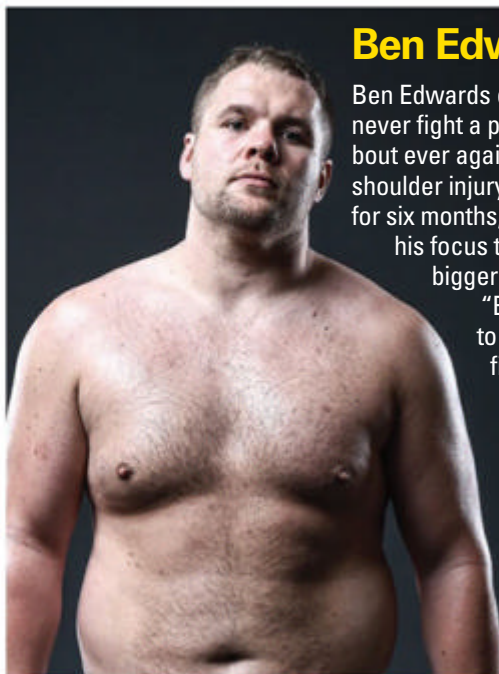
IN THE GUTS

Thailand native turned Victorian Tum Sityodtong delivers a brutal body kick to Llyod Dean at Brute Force 28.

PHOTO BY WILLIAM LUU







Ben Edwards' kickboxing career may be over

Ben Edwards concedes that he may never fight a professional kickboxing bout ever again. Now recovered from a shoulder injury that kept him sidelined for six months, 'The Guvnor' plans to shift his focus to boxing due to the lure of bigger financial gains.

"Every time I sort of get close to the top, the company I'm fighting for has financial troubles and there's no more big pay days in kickboxing any more," said Edwards in an interview with *The Canberra Times*.

"In boxing, there's a lot of money right at the top. You just need that one opportunity. That's what

I'm aiming for, but that could change with one phone call."

Edwards returned to boxing in November against Kiwi heavyweight Tafa Misipati after his six months off recovering from a torn rotator cuff. Fighting in front of his home crowd in Canberra, Edwards won via KO in the first round.

After going down to Errol Zimmerman in his last kickboxing bout at GLORY 16 back in May, Edwards admits he was hit hard emotionally by the loss. However, having now recovered both physically and mentally from that fight, he says the future holds promise.

"The last fight I had was make or break for me, so losing that was a big mental letdown," said Edwards. "A lot of things went wrong, but the worst is behind me now and everything's looking a lot better."

John Wayne Parr's daughter Jasmine has sights set on UFC

Eleven-year-old Jasmine Parr, daughter of 10-time Muay Thai world champion 'John' Wayne Parr, has made a return to the kickboxing ring and has her sights set on the UFC.

Originally stepping away from the sport after some controversial fights as an eight-year-old, in which John was criticised for allowing his young daughter to fight, Jasmine is back and consumed by the passion that runs throughout her family.

In an interview with the *Gold Coast Bulletin*, the well-spoken young girl said, "I did want to be a vet, but when I had my first fight I really wanted to be a fighter."

As far as pedigree goes, Jasmine's is elite. Her father's accomplishments throughout his career are well documented and her mother, Angela Rivera-Parr, was also a multiple Muay Thai world champion in her own right.

But despite being surrounded by fighters at home, it was actually watching UFC megastar Ronda Rousey that rekindled Jasmine's passion for combat sports.

"She came back and wanted to be like Ronda Rousey in the UFC," said proud father Wayne Parr.

"She started doing jiu-jitsu; she started doing a bit of Muay Thai a couple of times a week as

well and Angie, my wife, got her a few Muay Thai fights. Ever since then she said, 'I want to do Muay Thai now... I want to be a Muay Thai champion'. It's nice that they want to follow in your footsteps."

Jasmine's next bout is scheduled for 14 March at the Gold Coast PCYC.



IK Forum! Log on to www.kickboxermag.com.au



Stan 'The Man'
in his heyday

Kickboxing legend opens Melbourne gym

Sports Australia Hall of Famer and Australia's most celebrated kickboxer, Stan 'The Man' Longinidis, recently opened his long-awaited training facility Stan the Man Fitness Academy in Blackburn, Melbourne.

Longinidis put kickboxing on the map Down Under with his demolition of world champ Dennis Alexio, whose leg he broke with a kick six seconds into their 1992 title fight.

Taking a 'family-friendly' approach, the academy offers special kickboxing and boxing classes for kids as well as women, and anti-bullying and confidence-building school leadership programs.

For more information on the Stan the Man Fitness Academy, visit www.stanthemanfa.com.au



Muay Thai is among the world's most ancient national sports

MUAY THAI DOCO RELEASED

Muay Thai, Every Corner, a documentary giving an insight into the lives of both local and foreign fighters plying their trade in Thailand, has received its Australian release.

The independent film by photographer and filmmaker Josu Ozkaritz peers into the day-to-day life of a fighter in Thailand while also delving into the sport's history, philosophy and traditions.

While many consider Thai boxing as one of the most violent combat sports, Ozkaritz attempts to showcase its legendary tradition as an art and a way of life based on respect and sacrifice, as shared by the locals.

The documentary also looks into why Thailand has become such a place of pilgrimage for international fighters desperate to unlock the secrets of the 'art of eight limbs'.

Muay Thai, Every Corner is now available on DVD. For more information, visit www.themachinemexico.com.mx

Carano, Van Damme join Kickboxer

Van Damme in the
original *Kickboxer*



Gina Carano and Jean-Claude Van Damme have joined the cast of the *Kickboxer* remake.

The movie, starring Alain Moussi, Dave Bautista and retired UFC champion Georges St-Pierre, is currently filming in New Orleans before moving on to Thailand in the new year.

Kickboxer follows Kurt Sloane (Moussi), a talented martial artist who travels to Thailand where he must learn the secrets of the kickboxer to avenge his brother's death at the hands of Tong Po (Bautista). Carano will play a fight promoter while Van Damme will play the role of Sloane's mentor (played by Dennis Chan in the original). Tony Jaa (Ong Bak) was originally attached to play the latter role, but dropped out.

LIKE US ON!

facebook



/internationalkickboxer

Check out *International Kickboxer* on Facebook and join the crew!

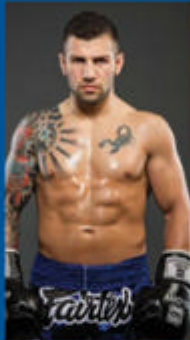
STEVE MOXON ADDED TO GLORY 19

Australia's Steve Moxon will face Andy Ristie in a late addition to the GLORY 19 Superfight Series in February.

Andy 'The Machine' Ristie is the top contender of GLORY's lightweight division, following a 3-1 run that included KO wins over Giorgio Petrosyan, Robin van Roosmalen and Ky Hollenbeck.

Moxon's recent form has been mixed at 2-2 from his last four bouts, but his most recent fight resulted in a KO victory over Aikpracha Meeyathonin in China earlier this month.

GLORY 19 will be held in Virginia, USA, and will see Rico Verhoeven take on Errol Zimmerman for the GLORY Heavyweight Championship.



Sasha Mitchell is still kicking

In addition to a *Kickboxer* remake, a new sequel to the original *Kickboxer* movie is also in the works. Sasha Mitchell, who played the role of David Sloan in several *Kickboxer* movies — beginning with *Kickboxer 2: The Road Back* (1991) — will reprise the role in this new film. The movie will overlook the events of *Kickboxer 5: Redemption*, which saw Sloan bite the dust (another actor played the role). Albert Pyun, who directed *Kickboxer 2* and *Kickboxer 4*, is back at the helm. In the film, David Sloan (Mitchell), now a former champion working for the US government, is assigned to escort



Mitchell is back for another JCVD-free *Kickboxer* film

a witness of a murder by an international terrorist who plots to cause a civil war in Africa. Sloan must face his past as the man who committed the murder was the same man who tortured him in the past. Sloan must bring peace before the terrorist regime overthrows the United Nations.

Michael Tushaus, Kevin Sorbo, Norbert Weisser and Scott Paulin co-star.

Kickboxer 6 begins filming in January for a release in late 2015.

APPS out now!



Martial arts gets youths 'Back on Track'

Troubled Sydney youths are turning their lives around with the help of a new martial arts-based program run by some of the city's top instructors. Headed by Aussie UFC star Richie Vaculik and Muay Thai fighter Luis Regis, the Back on Track program works with high-risk teenagers and provides them with guidance and martial arts training.

Conceived by Wade Mathias from Shack Youth Services, the program includes teenagers who have faced a range of charges, including assault, theft and even selling illicit drugs. The eight-week training program has so far been labelled a success with approximately 75-to-80 per cent of former participants yet to reoffend since completing the program.

"The majority [of participants] are young blokes who have lost their way a little bit and are getting in a bit of trouble," said Vaculik in an interview with MMA Kanvas.

"This is something they can focus their energy into, something positive."

Training occurs twice a week at 6am and focuses on starting the teenagers' day off in a routine manner aimed at creating long-term positive results. The techniques covered include Muay Thai striking and clinch work as well as various Mixed Martial Arts skills.

As most of the teenagers come into the program with a sense of animosity towards police, PCYC officer Nick Missenden believes the connection formed between him and teenagers has gone a long way to repairing the relationship between the parties.

"This program is really good for developing a rapport with the kids," said Missenden, who also works as a trainer for Back on Track.

"We're actually training with the kids. So they see you not only as a police officer, but also as a mentor. Once they develop that trust — because they're relying on you not to hurt them, obviously, just to train — they see you as a different person rather than just the blue uniform."

To find out more about Back on Track, contact Shack Youth Services at shack@shack.org.au



UFC fighter 'Richie Vas'

CHECK OUT KICKBOXERMAG.COM.AU FOR ALL THE UPCOMING FIGHTS IN 2015

FITNESS & HEALTH EXPO

co-located with
FILEX
THE FITNESS INDUSTRY
CONVENTION

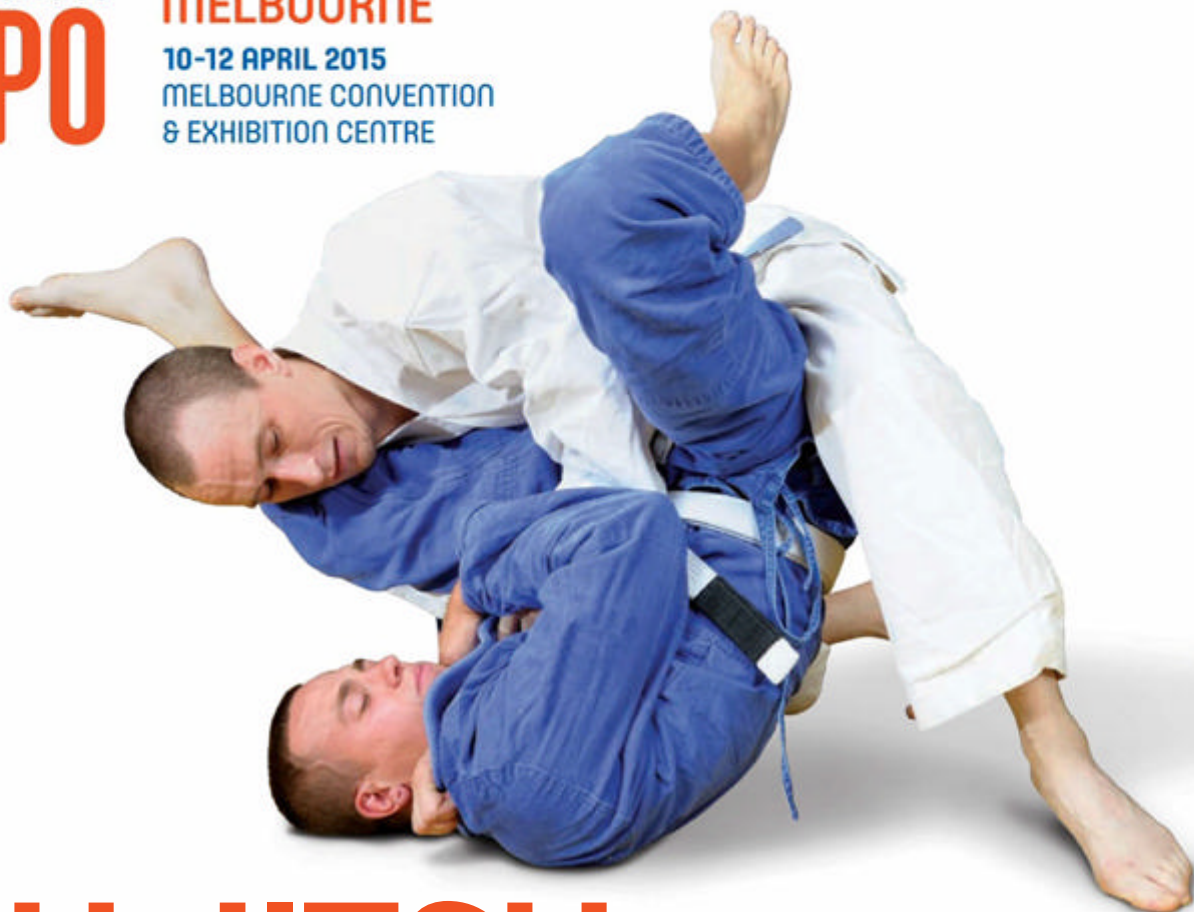
MELBOURNE

10-12 APRIL 2015
MELBOURNE CONVENTION
& EXHIBITION CENTRE

Proudly supported by



In association with



JIU JITSU CHAMPIONSHIPS

Get in the zone.
Join the ultimate workout for
fitness, wellness & health.

- Witness 1,000 athletes competing over three days in the fastest growing Jiu Jitsu event in Australia
- Check out Bodybuilding, CrossFit and Powerlifting Championships
- Access over 200 suppliers of the latest sports nutrition, supplements, apparel and training aids

PRE-BOOK TICKETS ONLINE

ENTER PROMO CODE: JIUJITSU

*Melbourne Friday – Industry Only Day



#FitStrongNow @AusFitnessExpo

FITNESSEXPO.COM.AU

Great magazine Apps

Download yours today



Download our great magazine Apps and get a

FREE INTERACTIVE SAMPLE

ANYTIME, ANYWHERE, ACCESS!

- Additional & exclusive content including audio clips to enjoy.
- Embedded videos – training, recipes, yoga, fitness, interviews, seminars and more.
- Website and social media links – convenient, instant access at your finger tips.
- Image libraries and interactive scrolling – easy, convenient and visually appealing for your reading pleasure.

Now you can have every issue of your favourite magazines with you at all times.

Stay in touch with and benefit from your health and wellbeing resources wherever you are.



Amazon, Kindle, Fire, and all related logos are trademarks of Amazon.com, Inc. or its affiliates.

Android is a trademark
of Google Inc.

Apple, iPad, iPhone, iPod touch, and iTunes are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

International Kickboxer is now on:



this device,



this device,



this device,



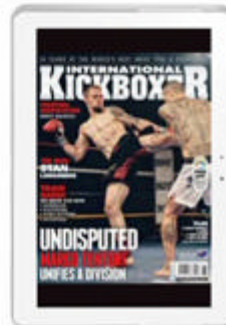
this device,



this device,



this device,



this device,



this device,



this device,



this device,



this device,



this device,

and all other Android™ tablets*

*Your tablet must run Android 4.0.3 and above



Search for **international kickboxer**

Sam Greco

1 What would you be doing if you weren't a fighter?

I would have been a pro soccer player.

2 Do you have any superstitions when fighting?

Everything on the day is always exactly the same. It's the same closed group, the same clothes, the lot. My own ritual.

3 What is the most embarrassing thing you've done during a promotion/fight night?

I joined WCW wrestling, believe it or not. In Sydney, coming out from the main event, I was partnered with Goldberg. I had strict instructions: come out and get the job done. Coming to save Goldberg. Run out, jump in the ring, take out both guys. But I couldn't make up my mind how to get into the ring.

Was I going to go under, climb through, or jump over the top rope? I decided I'd work it out when I got there. When I was running down the ramp, I was still undecided. When I got there, I went over top rope, but one foot got caught. I ended up flat on my arse. The three guys [in the ring] looked up; "Where the hell is Sam Greco?" The moral of the story — make sure you know exactly what you're doing before you go out.

4 What is a surprising fact about you?

I get misunderstood. My looks can be a negative. People think, 'He looks scary, he looks nasty.' Then, people get to talk to me and they realise I'm a humble giant.

5 How would someone close to you describe you?

Humble, respectful. A leader.

6 What is one thing you are good at (apart from fighting)?

Helping others achieve their goals.

7 Favourite fighter?

Jon Jones.

8 Favourite food?

Italian.

9 Favourite drink?

Water.

10 Favourite tunes?

Bad Boys by Inner Circle.

11 Favourite TV show?

The Sopranos.

12 Favourite movie?

Raging Bull.

13 Dream girl?

My daughters.

15 Dream bout?

A rematch with Lyoto Machida.

17 Best fight memory?

Fighting against my late friend, Andy Hug.

19 In 10 years I'll be...

Fit, strong and good-looking.

16 What can't you stand?

Arrogant and disrespectful people and people who don't try.

20 What piece of advice would you give to an up-and-coming fighter?

Train hard, set goals, dream big and achieve big.



14 Dream wheels?

Jeep SRT8.



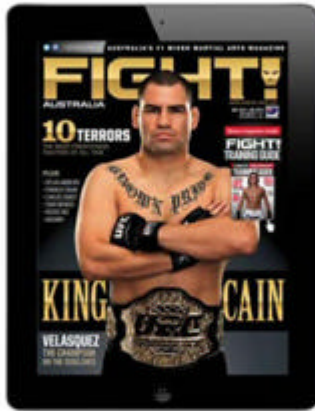
18 Biggest/best break you ever got?

Entering K-1 in 1993.



Great magazine Apps

Download yours today



Download our great magazine Apps and get a

FREE INTERACTIVE SAMPLE

ANYTIME, ANYWHERE, ACCESS!

- Additional & exclusive content including audio clips to enjoy.
- Embedded videos – training, recipes, yoga, fitness, interviews, seminars and more.
- Website and social media links – convenient, instant access at your finger tips.
- Image libraries and interactive scrolling – easy, convenient and visually appealing for your reading pleasure.

Now you can have every issue of your favourite magazines with you at all times.

Stay in touch with and benefit from your health and wellbeing resources wherever you are.



Amazon, Kindle, Fire, and all related logos are trademarks of Amazon.com, Inc. or its affiliates.

Android is a trademark
of Google Inc.

Apple, iPad, iPhone, iPod touch, and iTunes are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

2014 Round-up



This issue, *IK* mag asked trainers to share the highlights of 2014, from the fight of the year to the best KO, as well as the standout pro fighter, the one to watch, and the fights they want to see in 2015.

BY SYLVIA SCHIAVONI

Sam 'Nanu' Brown



NUGGET

Nugget's Gym, QLD

This is actually a hard subject for me. I am not actually there to witness a lot of the fights and promotions due to the fact I'm based out of Bangkok now and spend more time in Asia and Europe with Muay Thai. But from what I see through the Internet and hear from the boys at my Brisbane gym, everything sounds positive for Australian Muay Thai.

Looking back at 2014, the biggest and most influential fight in my opinion would have to be Toby Smith versus JWP. The change of the guard I guess in Aussie Muay Thai. It would also

go down as KO of the year in most fans' eyes.

Toby has done the hard yards in Thailand and, as I am sure most people would know, the clinch has evolved as well. Toby demonstrated that when he had his way with JWP.

This fight has probably changed the view of fighters and fans around Australia with the importance of having a good grappling game in a real Muay Thai fight.

As for up and comers, from the fights I've witnessed in Victoria this year, there are plenty. With the influence of so many experienced Thai trainers in Melbourne, I think it's the

state to watch out for in 2015 and the future.

As for a fight I want to see: Any. I just love watching the standard of Australian Muay Thai rise ever year.

DARREN REECE

Riddlers Gym, WA

I believe 2014 was a good year for Muay Thai, especially WA fighters. Despite the political problems in WA, both nationally and locally in WA we have seen a kind of changing of the guard with some of our more experienced fighters finishing or winding down and the emergence of the next generation!

The standard of WA's new fighters, both male and female, is just amazing. With so much talent competing interstate or even internationally, WA has had some awesome results this year. We've got so many great up and comers, so I'm going to mention many rather than one: Lloyd Dean and Tyler Hardcastle from Riddlers Gym, who have both had a busy 2014 with some awesome wins and performances; Tyler winning a four-man in his first venture fighting as a senior, winning in Thailand and interstate several times. Lloyd won the WMC state title by sensational elbow KO and then had an absolute war versus Tum



Steve Moxon

Sityodtong in Melbourne. And Jamie Lunghitano; not sure if you would call him an up-and-comer at 21 fights, but either way 2014 was big seeing as he beat Kosta Masmanidis, Lex Hanegraaf and lost on points to big-name Frankie Giorgi. Stephanie Glew, who won gold at the IFMA world amateurs, is a gun for the females and Alex Amoroso, also from Seldy's, had some big local wins to finish off the year. There are so many more I could mention... Chad Collins from Queensland is a gun!

As far as the best pro fighter, in terms of performance and dominance I can't go past my wife Caley Reece, even though that seems biased. She has a Lion Fight world title, and defended her WMC world title five weeks later against Thailand's current best female and finished the year with a sensational KO in WA. But Marco Tentori is going from strength to strength, Millad Farzad, now based in Thailand, and, of course, Toby Smith has stepped up to a new level.

We had so many great fights this year that I can't even pick one out but one of the last and most exciting fights I saw was in Adelaide at Resurrection of the Warrior between Kosta Masmandis and Blade Auguey. This was an absolute war and these guys gave it to one another for the whole fight with Kosta controlling early but Blade coming home so strong in the last few rounds. Kosta got the nod on this one but what a rematch that will make, just so they can do it again!

Best KO that I saw live was on Epic 12 with Caley against Nongif, Thailand's national 60 kg representative. The fight was close and such a tactical affair. Caley knew she had to pick it up so she responded with an attacking jab, cross, left and a head kick that had her opponent out cold upon contact.

This year I'm looking out for the Kosta and Blade rematch

Marco Tentori



as well as the Lunghitano and Giorgi rematch. And Marco Tentori versus Kym Johnson (another rematch), which we have locked in for Epic 13 on 28 March 2015. We are trying really hard to make James Bertolami versus Lloyd Dean for the WMC state title happen, but we're trying to work around politics. It will be an absolute war and, again, a rematch.

JOHN SCIDA Ultimate Kickboxing, VIC

I can only speak of the shows I've seen locally as I haven't been interstate this year. But the best fights in 2014 would have to

be Tass Tsitsiras and Jordan Tai on Kings of Kombat and Maseh against Ridell on Powerplay Promotions.

For me, the best up-and-comer is Sandi Markis from Team Ultimate Gym with five wins and one loss. There are big things ahead for this boy in 2015. As for the best pro fighter: Toby Smith by far in Australia.

The best KO last year would have to be Sandi Markis' knockout over Queenslander Michael New. This fight was on a Team Ultimate show and Michael was winning the fight before Sandi knocked him out cold.

In 2015, I would like to see Maseh Nuristani against

Les Clarke, as well as Andre Meunier against Hamad Alloush. I am also looking forward to the comeback of a few old-school Team Ultimate boys who are back training, no names yet... my lips are sealed!

MAT REID G.V Martial Arts & Fitness, VIC

2014 was another great year to see the sport continuing to improve and steadily work towards mainstream acceptance. We are lucky to see so many great fights both here and abroad. The fight of the year tipped for 2014 has many people recalling Seksorn versus Pakorn.

Get **FIGHT!** Australia Magazine App Anywhere

The **FIGHT!**
Australia
Magazine
app is now
available!

- All the **latest news and views** from the MMA industry
- Exclusive **audio and video** content
- Instructional technique **slideshows**
- All your issues on one device
- Never miss an issue again



Experience the revolution for yourself! Search for
FIGHT! AUSTRALIA MAGAZINE



Amazon, Kindle, Fire, and all related logos are trademarks of Amazon.com, Inc. or its affiliates.

Android is a trademark of Google Inc.

Apple, iPad, iPhone, iPod touch, and iTunes are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

Anytime, Anywhere Access!

Toby Smith nails JWP



It was tough, bloody and had plenty of heart.

So many up-and-comers to choose from, but the ladies of Muay Thai have had a great year and I have been enjoying watching Claire Foreman, Sam Brown and Kim Law. They are doing everything right for the sport and will be great ambassadors in the future alongside Angie Parr and Caley Reece.

The best pro fighter for me is still Wayne Parr. Professional in and out of the ring, which is important in mainstream acceptance. He only fought twice this year and finished with a loss to Toby Smith, another Aussie carving himself a strong name in the pros both here and overseas. Wayne has been working hard on his speaking engagements, which are warmly received and continue to strengthen my admiration for his professional manner in the sport.

I know it wasn't a Muay Thai or kickboxing bout, but I have to

tip my hat to Rob Powdrill in his KO win over Damien Hooper. A stalwart of Aussie Muay Thai and MMA, Rob took a massive step up to fight the Olympian and did the job in 21 seconds.

I don't have any particular fights I want to see in 2015. Fights very rarely live up to the hype. I just like to watch fights that show technique, guts and great sportsmanship, and we are lucky to have plenty of these in Australia.

DANNY JONES Khrop Khrua, NSW

For me the fight of the year and KO of the year would undoubtedly have to be Toby Smith vs JWP. What a fight. The build-up was massive — it was the old veteran versus the new young gun. And the fight lived up to the hype. And for Toby Smith to KO JWP...wow. I have watched JWP and he does not go down, so to see Toby put him away with his clinch work was unbelievable. Toby is also my

choice for pro fighter of the year, which he more than proved with that performance.

In terms of up-and-comers, that's quite a difficult one as there are lots of good fighters around. However, one that sticks out is Kurtis Stati from Matrix Thaiboxing Gym. I saw him fight once in Queensland and he has a load of talent and ability. He also fights at 63kg, which is the biggest division in Australia at the moment. He has been training with Peter Kent since he was young and had about 20 fights I believe. I believe by the end of the year he'll be up there!

Another one to watch is Matt Cashmore from Fight'n'Fit, who trains under Rob Murdoch. He is a little older and runs his own business so hasn't been able to fight much but he is something special. He has totally flown under the radar, and he is pretty much an all rounder and really good to watch. He also fights at

63kg. So, with more fights he'll get the exposure he deserves because he can match it at that elite level.

The fight I'd like to see in 2015 is Matt Cashmore against Roy Wills because I think stylistically it would make a cracker of a fight. And Roy is always great to watch given his non-stop style and the way he throws everything 100 per cent. Another good fight for Matt would be Joe Concha because of Concha's technical style. Both these fights would be crackers and put Cashmore on the map where he deserves to be.

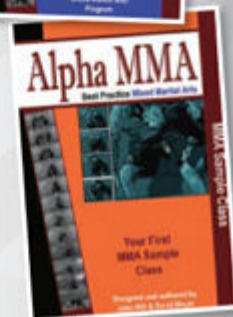
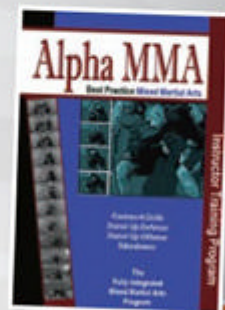
REINHARD BADATO Full Force Gym, NSW

Last year the best fight was the CMT title fight between Yohan Lidon and Michael Badato. With Yohan having 130 fights for 99 wins and 70 KOs and Michael only having 48 fights in total, the chances of him winning

Get Ready. **MMA** Training Is About to **Explode!**

Grow Your School's Income **TODAY** with the **ALPHA** MMA program

Watch TV, surf the web, read the magazines: MMA is booming as a combat sport and more and more people are seeking to learn the skills. This highly structured Mixed Martial Arts program from Australia's most sought-after MMA and grappling instructor, John B Will, will allow you to teach the most cutting-edge skills of MMA safely and effectively to your students.



The ALPHA MMA program gives you:

- * The complete Instructor Training Program DVD set
- * The complete Instructor Training Program reference manual (1500 pics)
- * The lesson-plan manual for the 24-class rotating curriculum
- * IPOD or compatible MP4 player video files giving a synopsis of each of the 24 classes
- * A special introductory Sample MMA Class DVD
- * A 'how to use this program' document

Stay motivated, stay in business & stay ahead of the wave with Alpha MMA.

Order today for \$1295 and watch your school reap the benefits — call 03 9574 8460 or online at www.blitzmag.net

*For more information, testimonials and DVD previews,
www.sportzblitz.net/welcome-newsletter/blitz/mma.html*

LIMITED BONUS OFFER!

Order before 31 January and
receive a set of 6
RUSSIAN SAMBO instructional
DVDs valued at \$214
— Absolutely **FREE!**



Caley Reece


were thin. But Michael showed no respect, he went forward from the word go and knocked Yohan down with an elbow in the first round.

In the second round, Yohan got aggressive and the fight got interesting. He knocked Michael down with a right hook in the middle of the round. At the start of the third, Michael threw a quick overhand right that connected flush with Yohan's head. There was no getting up within that 10-count from the heavy, solid punch he received from Michael in 4oz gloves.

As for the best KO, it was by Jonathan Tuhu from Staunch Top Team in Brisbane. I saw a clip recently on Facebook and he did one of those cool, fancy, TV-like kicks and knocked out his much taller and bigger opponent.

As for the fight I want to see in 2015, I know it's not Muay Thai but I believe it is the fight that most people in the world would love to see: Pacquiao versus Mayweather.

NICK STONE

Bulldog Gym, NSW

The best fight last year would have to be Moxon when he fought a Thai. Moxon never gave up and KO'd him with a few seconds to go, finishing 2014 in style.

The best up-and-comer would have to be Dan Roberts. He has 14 fights for 14 wins with 13 of those wins coming via KO. You can't beat that! And he would also have to take best KO with his spinning elbow against Jacob Francis, winning the Aussie title in 42 seconds.

The best pro fighter would have to be Moxon. He flies the Aussie flag all over the world.

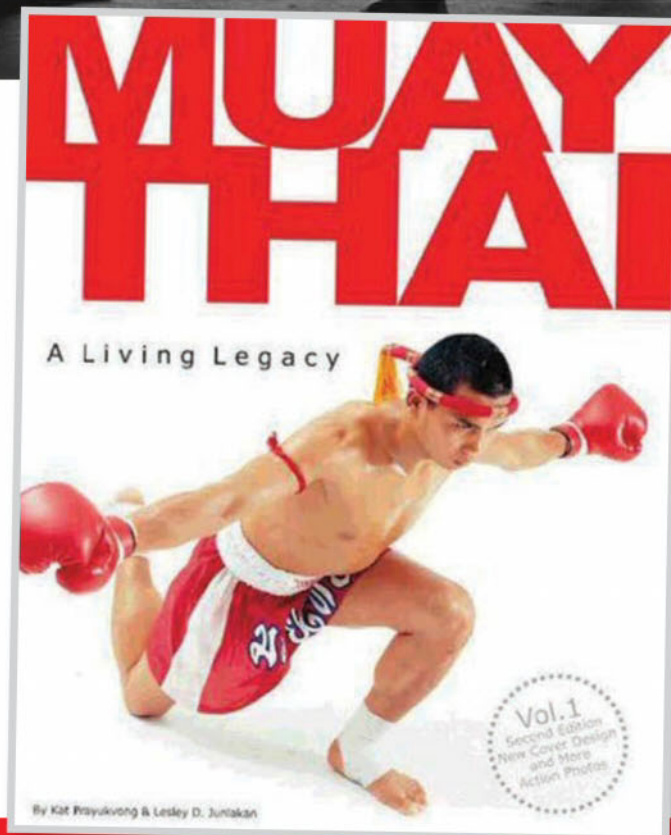
The fight I want to see in 2015 is Nathan Epps from Bulldogs against Eli Madigan from Mad X in full-Thai rules, with Moxon taking on the winner in K1 rules. **IK**



MUAY THAI AS IT HAS NEVER BEEN PRESENTED BEFORE...

By popular demand, a brand new edition of *Muay Thai: A Living Legacy (Volume 1)*. Meticulously researched and lavishly illustrated, this is the most comprehensive, user-friendly book on Muay Thai ever written. Watch out for Volume 2 of the projected three volume series, to be published soon.

For all your Kickboxing & Muay Thai Books & DVD's, head to our online store...



www.kickboxermag.com.au

START **2015** WITH YOUR BEST MOVE

Start the year with a positive move - call or go online now

SUBSCRIBE AND SAVE

6 ISSUES ONLY \$49.95 12 ISSUES ONLY \$84

SAVE MONEY OFF THE COVER PRICE AND GET FREE DELIVERY!

SUBS CODE: IK23#1 SAVE \$30

Subscribe now »



subscribeandshop.com/kickboxer

MAKE 2015 YOUR BEST YEAR YET.

Follow our 3-step program:



1

Take out a subscription to International Kickboxer magazine* and stay on top of all you need for the best training tips and techniques.

With free delivery straight to your door, you never miss an issue.

2



Save yourself money as this subscription deal saves you thirty bucks.

3

SAVE \$30!



*Offer available until 12th April 2015 and within Australia only. Maximum savings off the 12-issue subscription and off the newsstand price. Please see www.blitzpublications.com.au/privacy-policy for our privacy policy.

OR



Call **(03) 9574 8460**



MUAY THAI IS LIFE

A YEAR IN REVIEW WITH CALEY REECE

Long been considered Australia's, and even the world's, greatest female Muay Thai fighter, Caley Reece proved to have a very successful yet tough 2014, winning America's top belt and also defending her WMC world title in the space of five weeks. With the new year well on its way, Reece reflects on the past year and what we can expect from the fighting star in 2015.

BY SYLVIA SCHIAVONI // PHOTOS BY SUSIE ROMANO

At the start of 2014 you were offered a Lion Fight World Title shot in the US against Tiffany Van Soest — how did it feel to be offered such an incredible opportunity?

Being asked to fight in the US was amazing. Especially given it was the first female Muay Thai main event they'd ever had. Living all the way away here in

Oz, our opportunities are almost non-existent when it comes to these sort of 'big-stage' shows, so of course I jumped at the chance to take on the undefeated champion Tiffany Van Soest.

There was a big build-up surrounding the match — how did you manage all those factors?

Of course it was nerve-wracking because America hypes everything up and

beyond. But after a few weeks, I had to sit down and remind myself that just because it's the US, it is still a ring, it is still me and her and there's always a 50 per cent chance of winning. This allowed me to not get involved in the hype and just concentrate on my job.

How was your preparation for this fight physically and mentally?

The lead-up to the fight was the worst lead-up I have in the 50-plus fights I've ever had. I had a severe nerve injury in my neck and was coming off a broken toe, which kept breaking. For the four weeks leading into the fight, every day I didn't know whether I was doing the right thing by going. Thinking, should I risk it? Should I not? Even a week before we left, I still doubted myself.

I had some injections in my neck to help me be able to last the plane ride over and the pain started to subside about five days before the fight. Even warming up I was scared and worried about the lack of proper sparring and grappling I should have had, but looking back now, I am glad I made the decision to go because it was an absolutely amazing experience.

Tell us about your decision to vacate your Lion Fight title?

Well, it all happened quite suddenly, really. I was set to defend my title late November and had to withdraw due to injury. I had already pushed my body and mind well beyond where it should have gone, so there was no way I was putting it through any more.

It was simple and Daz made the final call as much as it pained me. The fight with my opponent still went ahead with a replacement and I was to be contacted about fighting in the new year.

When they offered me the date of 27 March, I told them that it wasn't possible due to our show being here on the next night, hoping maybe they would offer me their February date,

which would have been exactly a year and very doable, but they didn't. It was March or vacate. So I vacated.

Do you think there will be any future opportunities with Lion Fight?

I highly doubt it. I wasn't taken there to fight Tiffany to win. I was taken there as a name for her to beat. When I arrived, everyone was under the impression that it was my first fight out of retirement, where in fact it was my fourth or fifth, so I think a lot of people were shocked.

It's stupid for an American promotion to have an Australian as their champion when they could easily have an American. It makes no sense to fly me back and forth from a promoter's point of view so it is highly doubtful I will ever fight on the show again.

There are absolutely no hard feelings, it is just one of those 'business things' of being a promoter. I know first hand that having a fighter from another country as a champion makes no sense at all.

I am a massive believer that when you win a title, you defend it — it solidifies the champion status and I have continuously done this with my WMC World title, so not being able to defend it or have the chance of another date was a little disappointing but I have accepted it now.

A short five weeks after the Lion Fight World Title, you defended your WMC World title, how did you feel having two major fights back to back?

Five weeks after my Lion Fight World title and four weeks after returning home, I was set to defend my 57kg WMC World title for the third time. I was a little tired but excited to be fighting back home and having a shot at not only defending my title but challenging myself to win the two world titles within five weeks. That meant post Lion Fight there were no celebrations, no food babies, just a few days in Aspen, a 35-hour trip home, and straight back into training.

Taking out Tiffany Van Soest for the Lion belt



You defended your title against a strong Thai opponent, Chommanee — what is her background?

Chommanee is one of the best Thais I have seen fight. Her speed, accuracy and timing are impeccable. I knew it was going to be a tough one and I had my work cut out for me. I can't remember her record exactly but it was around 75 fights with 59 wins. She was in the finals for the World Muay Thai Angels, which she went on to win and has become a superstar in Thailand. She beat some great names in the semi-finals. She was young, fresh, and I was old and tired [laughs].

What did you know about Chommanee going in, in terms of strengths and weaknesses?

Her strength was her speed, accuracy and kicks. When you fight a Thai, there is something about them, they never seem to miss a kick and even though you can see it coming and KNOW it is coming, for some reason, it has landed before you can move out of the way!

I didn't pick any weaknesses before the fight — she was able to

do it all but I knew with my strength and conditioning training, I would be stronger and I used this to my advantage in the clinch.

How was your preparation for this fight, both physically and mentally?

It was quite a difficult couple of months with adapting to two different styles — Tiffany being very kickboxing orientated and bouncy, then straight into a build-up with an amazing Thai stylist. I had to really switch off after Lion Fight and then back on with a completely different build-up for Chommanee.

My game plan always remains the same. I train to perfect my plan but it was the pad-holder and training partners that changed things up straight away, so for a week or so I didn't know whether I was Arthur or Martha.

Mentally, I did what I always do: stay focused while having as much fun as I can at training. Did all my work that I have been doing for years with my sports psychologist. If you aren't having fun training and you don't love being at training in the build-up to a fight, you are in the wrong sport.

The week of the fight was stressful. New venue, new council and they were 'busting my balls' for so much information. I remember being in my office crying on the Thursday afternoon — still with weight to lose, work to do, still no approval on the venue, ready to pack it all in! But things always come together and I just had to pull my shit together, pretty much. I actually feel it affected my performance because we still hadn't got approval until after the set-up of the show, so my mind was on work, not ring business. I learned a lot from that build-up.

Take me through the fight...

The fight was tricky. She was a counter-fighter, the same as me, so she didn't attack and waited for me, and scored every time. Round one and two, I missed a lot of my kicks and she landed a lot with this crazy footwork that she kept throwing out. I was still landing but she was probably landing the higher-scoring shots and more cleanly. At the end of round two in the corner, I said to Daz, "I need to change my plan — she's too tricky."

CALEY REECE

We both knew that I had to win the next three rounds 100 per cent, as the first two were very close and we both agreed to go for the clinch and try and out-power her, which is exactly what I did when I got out there. I pushed forward into the clinch and used all the strength and conditioning work I had been doing to outmuscle and tire her out with work rate.

At the end of the third I knew this is what was going to win me the fight, so I continued to do it until the end of the fight. Sometimes it's not the most exciting way to fight but it's the way to win and I had my title to defend!

How did it feel to successfully defend the WMC World title for the third time?

Of course, everyone loves to win, and to defend something that is yours is even better, but my biggest feeling and emotion after that fight was relief. I'm not going to bullshit, sugar coat it and say the feeling was the best in the world, because it was a tough start to the year — two world titles against the best two fighters at that weight in five weeks was intense. So, after my hand was raised, I was happy just to quietly walk out the back and just sit down, have a few lollies, eat my chocolate and know that I was able to have a little break.

Your continuing success saw you win the Best Pro Female Fighter award for the second year running at the Australian Muay Thai Awards (AMTA) — how did it feel to be recognised for your achievements?

I am really happy to represent that category for the second year running!

All of my fights last year were against quality international opponents with two of them being world titles against Tiffany Von Soest from the US and Chommanee from Thailand, as well as Dilara from Germany, and Nongif from Thailand — so there was no easy street there.

This is an award that I am super proud of because I feel I have not only put the hard work in at training but I really do my best to promote female Muay Thai and help girls get recognised. I do this by running the Female Oceania IFMA page with Sue



SOMETIMES IT'S
NOT THE MOST
EXCITING WAY
TO FIGHT BUT
IT'S THE WAY
TO WIN AND I
HAD MY TITLE
TO DEFEND!



Latta and Emma from Canberra and spending the last two years writing articles on many female fighters for *IK* magazine.

On top of being recognised for your abilities as a fighter, you were also nominated and won promoter of the year, how did it feel to be recognised for Epic Promotions?

It felt like the hard work paid off! That's how it felt! I cracked a chocolate bar in celebration [laughs]. In all seriousness, though, it's a hard job, tiring and stressful. So, it really did feel good to be acknowledged for the work.

With Epic Promotions going from strength to strength, what are some of the highlights from last year's shows?

We really do love putting on good fights and as hard as promoting is, it is always rewarding come fight night. Some of the highlights for me, personally, were having more female fighters on the card and really pushing for our experienced girls to get some great matches Australia-wide.

What are the positives you have seen from promoting?

The positive for me is to see our boys getting matched against good opponents and loving being on the show. That's where Daz and I get our kick and after a big build-up of training and organising, there is nothing better than watching them get all excited. I love being able to match good female fights on the card too and promote the ladies the best way I can.

What are the difficulties you face as a promoter?

I love Muay Thai but promoting is another ball game. I am sure people think we just whack together a couple of fights, throw the ring up and away we go. I think in Queensland it's a lot easier, from what I gather from speaking to other promoters, but in Western Australia we are ruled by the Combat Sports Commission. So, it is very strict and our councils are all about making sure you dot the i's and cross the t's.

I don't think a lot of trainers and fighters really understand what goes on to get a show going. From the ring set-up right down to getting engineers to sign off on the structures of everything

— electricians, council and liquor applications, each fighter's medicals, registrations, hotels, flights...the list is almost endless.

The stress that is involved for a promoter is massive — when fighters pull out because they fight too close together, it costs us money, changing air tickets, finding new opponents etc. There are also a lot of shitty politics as well, which hinders shows and robs fighters of the opportunity of good matchups. But, in saying all that, I love seeing the show come together and the fighters up there doing what they love because of what we have put together for them.

What do you hope to bring to Epic this year?

We are doing two big shows this year. Three is consuming and takes the focus away too much from our business of the gym. There are so many other shows in Perth at the moment, so the matches and fights are coming from everywhere, which is great.

The two shows we are doing we are going to make big. I have some ideas in my head to make the show better, stand out, and of course, make people want to fight on it!



**IT'S A HARD
JOB, TIRING AND
STRESSFUL. SO,
IT REALLY DID
FEEL GOOD TO BE
ACKNOWLEDGED
FOR THE WORK.**

THE HIGHLIGHT WASN'T REALLY A FIGHT IN ITSELF; IT WAS THE JOURNEY FROM THE BUILD-UP TO AMERICA UNTIL AFTER MY WORLD TITLE DEFENCE.



How do you manage promoting and fighting?

That is a great question. I am actually not sure. But however I do it, it gets done because it has to!

So, all in all, 2014 was another great year for you but what was the highlight?

The highlight wasn't really a fight in itself; it was the journey from the build-up to America until after my world title defence. So, the two world titles in five weeks, to win one and then defend one. That journey and what I had to do to achieve them was the highlight.

So, what does 2015 hold?

This year I have decided not to put pressure on myself. I have done that for 10 years. My motto for this year is 'to go with the flow', which for me is going to be bloody difficult because I have so many things in the back of my head I want to do.

I am looking to defend my WMC World title in August this year; I would say my opponent will probably be Sawsing from Thailand. Can't get better than her, so that will be my first option. Muay Thai Angels have contacted me to be in their Super 16 Tournament, which is meant to start in February (but they have

been known to change a lot, so I am expecting it to change).

With Crossfit, I have recently changed to a great gym near home, Range of Motion, with a very hands-on, amazing coach, Dan Williams. They are very competition based and have some of Perth's best crossfitters at their gym. So, I have thrown myself in with the sharks.

To be the best you have to train with the best, otherwise you never improve. That was my reasoning when I moved to Riddlers Gym, so I am taking the same approach with Crossfit. I know when my days of Muay Thai are over; this is my next path so I am setting myself up to lead straight into my next sport.

Wow, my motto isn't really standing much of a chance after answering that because I don't sound like I am going with the flow at all [laughs].

As a pioneer for female Muay Thai, how do you feel about the growth of female fighters in the sport?

It's funny hearing you say pioneer — it sort of cements the fact that I am getting old [laughs].

Ten years ago when I started at Riddlers Gym and opened up an *IK* mag, I needed a magnifying glass to see any female action in there. In the last five years, the growth, skill level and opportunities have really grown for females and we are getting a lot more respect and recognition.

IK mag is doing wonders for the growth and exposure for females in Aussie Muay Thai (thank you, Jarrah!) with interviews, big photos, and obviously having a female on the front of the magazine.

There are a lot of pages on Facebook dedicated to female fighters and promoters are giving the females the chance to be semi and main events on their shows.

I have fought a lot of girls around the world and seen a lot also and our standard is up there. We are tough, skilful and have some amazing talent, it's just getting the girls to show this on the world stage, which is hard due to where we are. People like Angie Parr, Bullet and Scott Moss are doing an amazing job of promoting female Muay Thai. **IK**



EPIC FIGHT PROMOTIONS PRESENTS
MUAY THAI



EPIC FIERCE

SATURDAY MARCH 28 - 2015
HERB GRAHAM REC CENTRE - MIRRABOOKA
PERTH, WESTERN AUSTRALIA
TICKET INFORMATION - 0415 122 856

EPIC
FIGHT PROMOTIONS



www.facebook.com/EpicFightPromotions

Like us on Facebook



MUAY THAI SHORTS

by Caley Reece

Caley Reece
Train It. Live It. Love It.

Look Good, Feel Good, Train Good!

Custom designed and worn by **6x World Muay Thai Champion Caley Reece**. Featuring a low, loose waist and high side cut to provide comfort and flexibility for women when training. Available in 14 vibrant colours that will make a statement and add some femininity back into your training bag! Sizes: S, M, L, XL.



Sam
'NANU'
Brown

Caley
Reece

Alma
Juniku

To order your pair visit
www.riddlersgym.com.au/shop

RIDDLERSGYM
MUAY THAI BOXING

VICTOR NAGBE

ON FIRE

**VICTOR
'HOT CHILLI'
NAGBE**

STORY AND PHOTOS BY ROB COX





Following in the footsteps of Australian legends 'John' Wayne Parr and Soren Monkongthong, Victor 'Hot Chilli' Nagbe is the latest Australian import making waves on the Thailand fight scene and around the world

Although born in Liberia, West Africa, Nagbe was raised in Brisbane after fleeing the bloody civil war in Liberia when he was five years old with his mother and two sisters, and considers Australia his home now.

Nagbe started training in Muay Thai under Kru Dip in Brisbane when he was 16 and initially struggled to train properly due to high school studies. Around this time a chance encounter led Nagbe to meet Kenny Mitchell, who became a strong father figure to Nagbe and travels around the world supporting him when he fights. After one year of training, Nagbe had his first fight, losing on points. This was a turning point for Nagbe, as after a telling off from Kru Dip for not training enough, Nagbe took the sport seriously and won his next 15 fights.

Nagbe's mother didn't want him to get too involved in sports and had high hopes he would go to university. There was also a chance at a career in Australian Rules football, but Nagbe turned that down for Muay Thai as well. His mother wasn't happy, but eventually came round and accepted Nagbe's choice, as she knew it was what he wanted from life.

After Kru Dip moved away from Brisbane, Nagbe trained out of Nugget's Gym, where he had his last fight before moving to Thailand to train and fight full time. This last fight for Nagbe in Australia on an Evolution show was where the Hot Chilli nickname was born, with one supporter impressed with Nagbe's energetic enthusiasm, commenting on how he was on fire, and the Hot Chilli name was born.

Nagbe first based himself out of Eminent Air camp, the Thailand gym of choice for another Aussie Muay Thai legend, Soren Monkongthong, and jumped straight in the deep end in his first fight, taking on Brazilian Jos Mendonca for the WPMF World title on the annual King's Birthday show. Nagbe lost a very close points decision in that fight, but came away with his head held high, with many in the crowd feeling he was hard done by. Mendonca went on shortly after this fight to become one of the few foreigners to win a Ratchadamnern stadium title.

In only his third fight in Thailand, Nagbe entered one of the Toyota Marathon eight-man tournaments, losing on points to the eventual winner Petmankong Gaiyanghaadao.

In his career in Thailand, Nagbe has never shied away from fighting the best, sharing the ring with some of the current era's legends, such as Saenchai and Sagetdao Petpayathai. Nagbe may not have won every fight, but always gives a good account of himself, showing good progress in every fight.



Nagbe got his chance to shine in the first ever Max Muay Thai tournament in 2013. In the first four-man, Nagbe beat the favourite, French legend Fabio Pinca, in the final, to book his place in the Max Ultimate Tournament in December of that year. Nagbe beat another French star, Dylan Salvador, a stable mate of Pinca's, in the first Ultimate Tournament fight and then faced Thai superstar Sagetdao in the final. Nagbe pushed Sagetdao all the way, but it was the Thai's experience and strength in the clinch that was the difference between the two and Nagbe had to settle for second place.

After a year-and-a-half at Eminent Air and some differences in opinion, Nagbe decided it was time to move on and travelled across Bangkok to train and fight out of FA Group, alongside another young Australian star, Toby Smith.

While at FA Group came Nagbe's most memorable fight and victory in his career so far when he caused a big upset, knocking out Thai superstar Khem Sitsongpeenong in the opening round of a four-man tournament in Hong Kong, dropping Khem for an eight-count with a high kick before finishing him off with the same technique shortly after. The euphoria of beating such a big name proved to be Nagbe's downfall, though, and turned one of the best nights of his life into one of the worst after he was KOed himself in the opening round in the final by Iranian boxer Seyedisa Alamdarnezam. The shock and joy of beating Khem in such devastating fashion had Nagbe in tears and he admits his head was gone and he didn't want to fight in the final. It took a while for Nagbe to come back after this, questioning himself and questioned by others about how he could beat a star like Khem and then straight away lose to a foreign fighter.

Nagbe came back well, though, with a strong performance, facing another Muay Thai superstar — the most famous name the sport has produced — Buakaw Banchamek. Nagbe fought him up in Buakaw's hometown of Surin, on a show promoted by Buakaw himself and televised live on TV around Thailand. Nagbe put in one of his best performances to date, pushing Buakaw for the whole fight and just losing out to a narrow points decision.

Not long after the Buakaw fight, Nagbe felt it was time for a change again, for various reasons, and left FA Group to train and fight out of Sitsongpeenong camp, home of stars such as Khem and Sittichai Sitsongpeenong. Nagbe feels like he has found his



Nagbe taking on Ash Powell



STILL ONLY 21 YEARS OLD, NAGBE HAS ALREADY PACKED A LOT OF EXPERIENCE AND DRAMA INTO HIS MUAY THAI CAREER

perfect gym now and can see himself staying here up until he retires. Accepted to train alongside the Thai team, he feels he has got stronger with their modern approach to training, with a strength and conditioning program and international boxing coach alongside their experienced Muay Thai trainers.

He now wants to chase his dream to fight around the world and become known as one of the greats, knowing that Muay Thai is not a sport where you can get rich quick; respect has always been more important to Nagbe than money. Nagbe also feels a little let down by what he sees as maybe a lack of support from the Australian fight fans, considering himself Australian through and through, but with a possible fight back in Brisbane in March, he hopes to show the Aussie fans how far he has come on his journey in Thailand and get the respect from his home fans as one of Australia's Muay Thai greats.

Still only 21 years old, Nagbe has already packed a lot of experience and drama into his Muay Thai career, but with his strong work ethic and commitment to the sport, there are likely to be many more dramatic moments at the hands, feet, knees and elbows of the Hot Chilli. **IK**

Victor the victor at Max Muay Thai

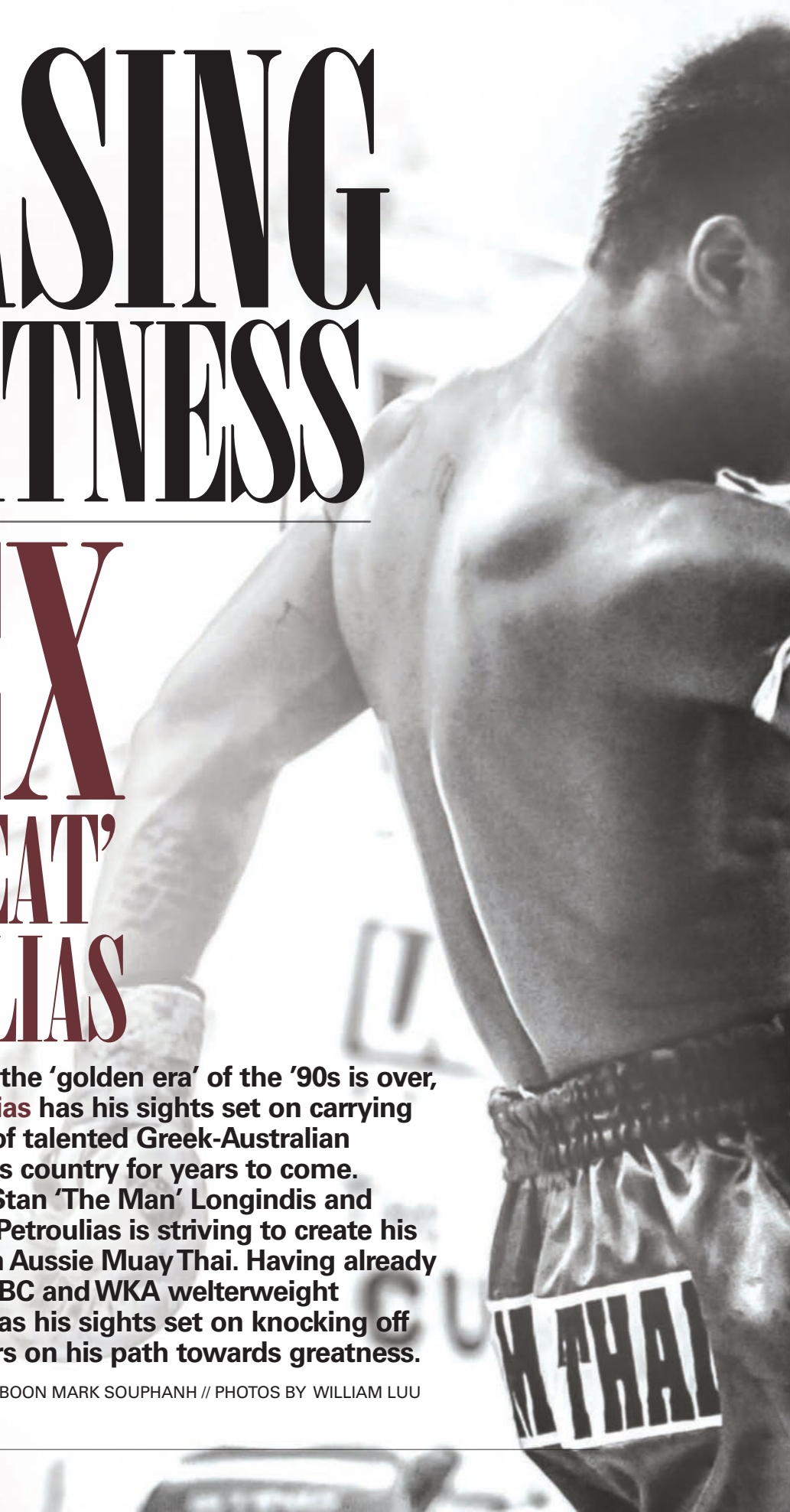


CHASING GREATNESS

ALEX 'THE GREAT' PETROULIAS

While he concedes that the 'golden era' of the '90s is over, **Alex 'The Great' Petroulias** has his sights set on carrying on the strong tradition of talented Greek-Australian fighters produced by this country for years to come. Inspired by the likes of Stan 'The Man' Longindis and Sam Greco before him, Petroulias is striving to create his own legacy in realms on Aussie Muay Thai. Having already captured the national WBC and WKA welterweight division titles, he now has his sights set on knocking off the country's top fighters on his path towards greatness.

BY BOON MARK SOUPHANH // PHOTOS BY WILLIAM LUU





After beginning his training at the ripe old age of 19, Alex knew he'd found his passion in life the moment he walked out of his first Muay Thai training session during a holiday to Thailand. Upon his return to Australia, he started his training under Kru Ting Anan from Muay Thai Fight Club before making the decision to fight professionally shortly after.

"I'd always been into kickboxing since I'd grown up watching guys like Stan 'the Man' and Sam Greco. However, after going to Thailand and experiencing Muay Thai for the first time, my eyes were opened — it was a bit of a culture shock," says Petroulias in regards to the early days.

"I'd tried karate and even ninjitsu [laughs] prior to that, but I just couldn't find my niche. Experiencing Muay Thai really did change everything. I knew I wanted to fight after that moment and I wanted to be the best."

While many of his opponents can attest to his mean style in the ring, Petroulias also makes a mean espresso. Already one of Australia's best fighters, Petroulias can also lay claim to being one of the country's top baristas having competed for the national Barista of the Year title in 2014. Currently working full time at the Urban Chill café in Melbourne's east, Petroulias hones his coffee-making skills during the day before slugging it out at training in the evenings. While the art of coffee plays second fiddle to the art of eight limbs, he feels his passions share a number of similar traits, all of which have helped him throughout his journey as a fighter.

"Are there similarities between fighting and making a good coffee? Absolutely," says Petroulias.

"There are so many factors that go into making a good coffee, things like the humidity, the grind and the machine you're using — these are all factors. You need a passion and attention to detail to excel in this and I believe the same applies to fighting. I try to make the best coffee with all my effort, the same way I try to be the best fighter I can be with all my effort. It's that passion that makes a hell of a difference — I always want to be the best at whatever I'm doing."

In an attempt to take his training to the next level, Petroulias recently made a move to a new camp — a decision he believes is already beginning to pay off. Now fighting under top trainer Kongsak Superboy, representing 8 Blade Warriors, he continues the daily grind — in both the café and the gym — in order to one day achieve his goal of being one of the greatest Muay Thai fighters in this country to ever don the Mongkon.

Alex, I understand you spent some time in the military — could you please give us some details of your time there? How much has your military experience helped in your Muay Thai career?

I spent a while working full time as an infantry soldier based up in Queensland. During that time, I was going through a bit of a rough patch in my life and the whole discipline and routine side of things I really struggled with. With that being said, it's definitely one of the things I've taken with me after finishing up there. It's really helped me keep focussed in regards to my Muay Thai. I feel committing to training every night and things like dieting are a lot of easier because it — it's all about discipline.



“EXPERIENCING MUAY THAI REALLY DID CHANGE EVERYTHING, I KNEW I WANTED TO FIGHT AFTER THAT MOMENT AND I WANTED TO BE THE BEST.”



**"I ALWAYS WANT
TO BE THE BEST
AT WHATEVER
I'M DOING."**

Would you say the military experience helped mentally more than physically?

Absolutely — so much of the fight game is mental. The stuff they make you do in the military is meant to break you mentally and if you're mentally weak, you're going to crumble. It's helped me, I'm sure of that.

What is it like training with your new trainer Kongsak Superboy? How has he changed your outlook on the fight game?

No s*** he's got to be the best thing that's ever happened to me in my career so far. Training with Superboy has really opened my eyes and I've

learnt so much in just a few months under his wing. I believe his technique is perfect, as is his timing. Back in Thailand they used to call him 'the anaconda' cause of his clinch — it's impossible to get out of it. I end up on the floor so many times each night because of that clinch [laughs]. He tells me that the only way I'm gonna learn is if I'm on the floor every night, and he puts me there, that's for sure.

How would you describe your own fighting style? How has Superboy influenced it recently?

I've always been about elbows; I love to get into the clinch nice and close and unleash with short, sharp elbows to try

and cut my opponent. Superboy has more of a clinch all-round style where he'll keep his distance and come into the clinch when he wants. Moving trainers has meant I've had to adapt and I'm still in that transition at the moment. It's a work in progress, but I'm feeling really great about it at this stage!

Have you been back to train and fight in Thailand since you first discovered Muay Thai?

I try to go back to Thailand every year. I didn't get to go back last year, but I'd been a number of times prior to that to train and fight. Last time I was there I managed to fight twice and get two KO wins, which was nice. I've tried a



Going high on Matt Bune

couple of different gyms during my visits — I was at Fairtex in Pattaya at first and then I tried WMC in Koh Samui. They were both great, but very Westernised, so I think I'll try visit one of the more traditional gyms next time I head over there.

How important is training and fighting in Thailand for foreign fighters?

I feel it's super important personally. Muay Thai is their national sport and a way of life. The fighters there live to fight and fight to live — it's their lifestyle. You have to go over there and experience the culture and way of life as a fighter — it's so important, man. Some people go over there for a month or two, but I feel this isn't enough. I think six months to a year is a good amount of time to get the full experience, where you absorb all the knowledge, culture and techniques — you want the experience in its purest form.

How much have the Greek-Australian fighters of the past inspired you? Do you feel you need to carry on the tradition?

I was all about Stan 'the Man', Sam Greco and Mike Zambidis for me. Growing up, there was always drama between the

Greeks and the Turks, so it was always exciting when you got big fights like Stan 'the Man' vs Gurkan Ozkan happening. All the big-name Greek fighters have probably retired now, so I feel I have to keep flying the flag. At the moment I know a couple of Greek fighters who are doing well — only Tass Tsitsiras and Kosta Masmanidis come to my mind at the moment.

What was the most memorable fight of your career to date?

Most memorable fight would probably be fighting and winning against Kurt Finlayson. In his prime, he was probably the best in his division, so that was an awesome opportunity to fight him. He wasn't on my hit-list or anything, but the opportunity came and I grabbed it. Who wouldn't want to fight Kurt? He was the best of the best. Another fight that I'll remember would have to be my fight against Jak '300'. The fifth round was an all-out elbow vs punch war between us — that was just an awesome fight!

Who is your dream opponent? Why?

[Laughs] Calling guys out isn't something I want to do, but I want to take on the best in my weight division.

Obviously Roy Wills is up there, Michael 'Tomahawk' Thompson, Joe Concha, 'Daddy Kool' — guys like this are all up there and I'd love to fight them. I am mates with a few of the boys, but it's the fight game and I'm only looking forward right now.

What's your weekly training schedule like? Does it change as you get closer to a fight?

I'll head to the gym after I finish work every day and do a three-hour session there with Superboy. I do two strength and conditioning sessions a week on top of this and I try to fit in a rest day somewhere in there. As I get closer to a fight, the intensity just lifts — it has to. It's hard to fit in everything with work, but it has to done if I want to be the best.

What do you hope to achieve in the rest of your Muay Thai career?

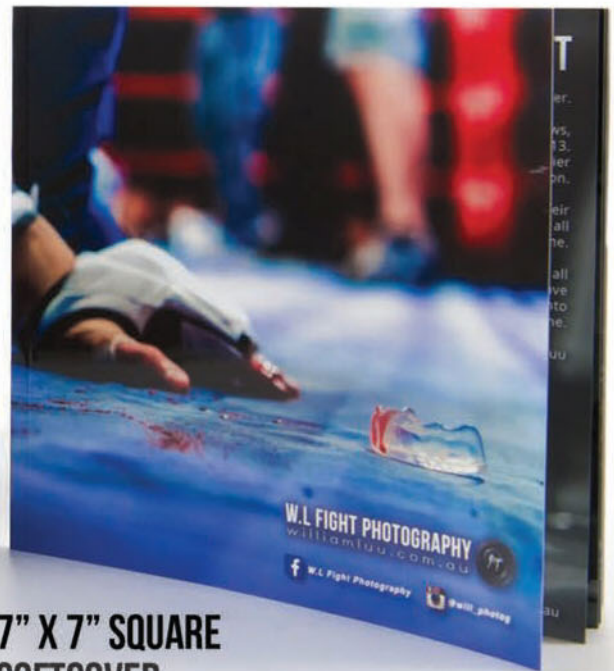
By the end of my career I want to have won a couple of world titles and I want to be known as the guy who beat the best to get to the top — it's pretty simple really. One day I want to give back and pass my knowledge to my students as well. The dream is to have my own gym and a stable of my own fighters — that would be amazing. **IK**

W.L FIGHT PHOTOGRAPHY

williamluu.com.au



**10" X 8" LANDSCAPE
HARDCOVER**



**7" X 7" SQUARE
SOFTCOVER**

W.L FIGHT PHOTOGRAPHY PHOTO BOOKS

Available in hardcover or softcover. Both feature 28 pages of content. Perfect for a coffee table book or at the gym.

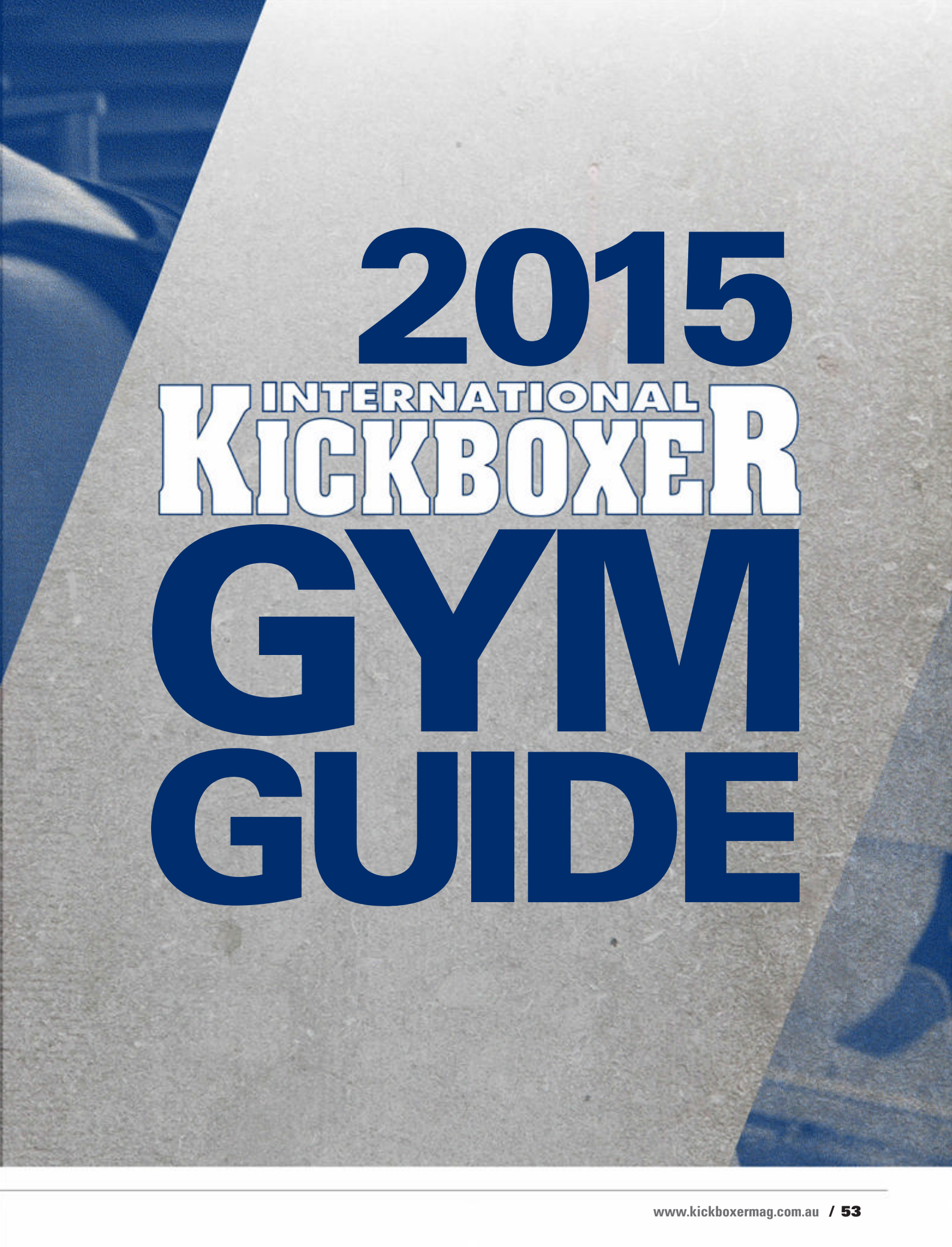
FOR PREVIEW, PURCHASE OR MORE INFO ,CONTACT:

WWW.WILLIAMLUU.COM.AU/PHOTOBOOK

 INFO@WILLIAMLUU.COM.AU

 FACEBOOK.COM/WLFIGHTPHOTOGRAPHY



The background of the page is a photograph of a kickboxer in a gym. The kickboxer is wearing a blue protective gear and is in a dynamic pose, possibly performing a kick or a defensive move. The image is partially obscured by a large, light-colored, textured diagonal shape that runs from the top left towards the bottom right. The text is overlaid on this shape and the background image.

2015

INTERNATIONAL

KICKBOXER

GYM

GUIDE

Srg Thai Boxing Gym

NSW

What year was the gym established?
2010.

Who are the trainers?

Luis Soot Raaeng Geert
Airam Trujillo
Matt Douglas
Paolo Cattaneo
Danielle Hayes
Yodvisanu Soot Raaeng Geert Fairtex.

What classes are available?

Introduction classes
Beginners classes
Women-only classes
Thai fit circuit classes
Kids classes
Boxing classes
Kids boxing classes
Intermediate/advanced classes –
professional and amateur fighters.

What facilities are available?

Muay Thai training, boxing training, fitness classes, weight area, Gracie Brazilian jiu-jitsu, judo, yoga, physiotherapy, strength and conditioning, full showers and changeroom facilities, full-time Thai trainer on site.

Who are some notable fighters from the gym?

Luis Soot Raaeng Geert
Yodvisanu Soot Raaeng Geert
Diesellek Soot Raaeng Geert
Patrick SRG Ribeiro
Chris SRG Mattafa
Nick SRG Randall
Mike SRG Brown
Michael SRG Mina
Leonie Soot Raaeng Geert
Danielle SRG Hayes
Leanne SRG Reid .

Where is the gym located?

2/576 Botany Road, Alexandria, NSW.

Where can people find the gym online?

www.thaiboxingsydney.com
www.instagram.com/srgthaiboxing
www.facebook.com/srgthaiboxing
www.twitter.com/SRGThaiBoxing

How can people contact the gym?

info@thaiboxingsydney.com
02 8084 1978 or 0404 708 385

In one sentence, why should people visit the gym?

The good vibe, good training and good people.



2/576 BOTANY ROAD
Alexandria NSW 2015



SRG THAI BOXING GYM

WWW.THAIBOXINGSYDNEY.COM

(02) 8084 1978

info@thaiboxingsydney.com

www.facebook.com/srgthaiboxing

www.twitter.com/SRGThaiBoxing

Riddlers Gym

WA

What year was the gym established?
2003.

Who are the trainers?

Full-time trainers: Darren Reece, Tiger White, Scott Collins.
Assistant trainers: Chad Walker, Eugene Ekelboom, Kim Townsend, Tyler Hardcastle, BJJ Prof Luke Ainsworth.

What classes are available?

Multiple classes per day in Muay Thai for beginners, intermediates, mixed level, advanced and fighters. Early mornings, lunch, evening classes.
Multiple BJJ classes, strength and conditioning, MMA, boxing.

What facilities are available?

Over two levels with 400m2 of matted training area, Riddlers Gym has a ring, 15 bags, strength and conditioning gear including Olympic lifting gear, kettlebells, dumbbells, rowers, treadmills, Airdyne bikes, sauna plus a big beginners area and shop.

Who are some notable fighters from the gym?

Current fighters include 6x world champion Caley Reece, intercontinental champ Kim Olsen (now based at Supafight) Jamie Dragon Lunghitano, 'Li'l' Kim Townsend, Alicia Pestana, new generation stars of Lloyd Dean, Tyler Hardcastle. Past champions include Eugene Ekelboom, Tiger White, Chad Walker, Ruan Duplessis, Luke Pitbull Aram, Tim Morrison.

Where is the gym located?

Currently in Mount Hawthorn, corner Scarborough Beach Rd and Fairfield St (next to the Paddo), on two levels but about to (in the next two months) shift to a 720m2 premises on Main St in Mount Hawthorn. Bigger and better coming soon!

Where can people find the gym online?

www.riddlersgym.com.au
on Facebook at Riddlers gym
or email at info@riddlersgym.com.au

How can people contact the gym?

info@riddlersgym.com.au
08 9201 0752 or contact Darren on 0415 122 856

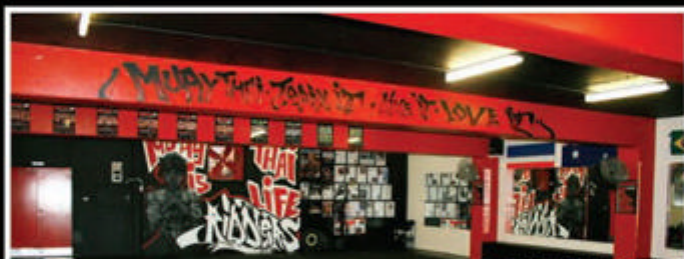
In one sentence, why should people visit the gym?

At Riddlers Gym, we have great passion and love for what we do and have created an ego-free, fun, family-style environment that is comfortable for anyone to learn and train, from people who really care. Training with us is a decision you will never regret!

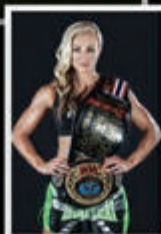
RIDDLERS GYM

MUAY THAI BOXING | BJJ | STRENGTH & CONDITIONING

FULL TIME MUAY THAI / BJJ TRAINING CENTRE



WITH 30 DIFFERENT CLASSES PER WEEK!



FULL TIME TRAINERS A WEALTH OF EXPERIENCE

ALL TRAINERS ARE EXPERIENCED CHAMPION FIGHTERS

- MUAY THAI - BEGINNERS, INTERMEDIATE ADVANCED & FIGHTERS
- KIDS THAIBOXING
- BRAZILIAN JIU JITSU
- STRENGTH & CONDITIONING
- MIXED MARTIAL ARTS
- BOXING
- PERSONAL & SMALL GROUP TRAINING
- MORNING, DAY & NIGHT CLASSES

Ph: 9201 0752 mob: 0415 122 856

info@riddlersgym.com.au

www.riddlersgym.com.au

Cnr Scarborough Beach Rd & Fairfield St,
Mount Hawthorn, Perth, Western Australia

www.facebook.com/pages/Riddlers-Gym/142353665778419
Like us on Facebook

Lightning Fight Centres

VIC

What year was the gym established?
1985.

Who are the trainers?
Nick Lundh, former world middleweight kickboxing champion and former state boxing champion. President of the Victorian Amateur Boxing League. Founder of NFC.

What classes are available?
Lightning Fight Centres has kids' classes, circuit and fitness classes, boxing, kickboxing, Muay Thai and MMA. Training for amateurs and professionals.

What facilities are available?

Both gyms are fully equipped boxing gyms with bags, speedballs, floor to ceiling balls, boxing ring, etc.

Who are some notable fighters from the gym?

Bentley Shefford, current Australian and Asia Pacific professional middleweight Muay Thai champion.
Rachael Phillips, former 2-time world kickboxing champion.
Sacha Peters, current Victorian and Australian amateur lightweight boxing champion.

Where is the gym located?

2 gyms —
Lilydale Community Youth Club, Market St, Lilydale.
Fight Club, Studio 1/91 Dorset Rd, Ferntree Gully.

Where can people find the gym online?

www.fightandfitness.com.au
www.facebook.com/?q=/lightning.fightcentres

How can people contact the gym?

Nick Lundh 0417 516 045
e-mail: nick@fightnightaustralia.com.au

In one sentence, why should people visit the gym?

Lightning Fight Centres provides opportunities for the novice levels right through to the international professional ranks in all the fighting arts.



LIGHTNING FIGHT CENTRES



PO BOX 264, WANDIN NORTH 3138

[f lightning.fightcentres](https://www.facebook.com/lightning.fightcentres)

nick@fightnightaustralia.com.au

0417 516 045

WWW.FIGHTANDFITNESS.COM.AU

Be Fit, Be "Sexy", Learn Self Defence
While having Fun @ the same Time!



We have Daily Classes

- Kickboxing
- Muay Thai
- Boxing
- Training for Fights
- All shapes & sizes
- All Ages
- Self Defence
- Weight Loss & Fitness

**Girls, Boys, Men &
Women All Welcome!**



**"TAKE ON THE SPIRIT
OF A WARRIOR!"**



**Private Lessons Available - please
call to make an Appointment**

Kids - between 7yrs old to 11yrs old

Mixed - All kinds of experience eg. Beginners,
Intermediate & Advanced

Email: info@fullforcegym.com.au

Contact number: 02 9831 4287 or 0425 800 297

Add: Lvl 1, 40 Third Avenue Blacktown NSW 2148

www.fullforcegym.com.au

GYM SPOTLIGHT

Full Force Gym

NSW

What year was the gym established?

January 28, 2003.

FFG has been running now for a good solid 12 years!

Who are the trainers?

We have many qualified and experienced trainers who are always on the floor, ready to teach the classes and also doing PTs. Here are a few names of our trainers: Von Badato, Michael Badato, Reinhard Badato, Joe Concha, Franz Sanchez, Aaron Cleland, Brett Boyton, Tim Velasco, Jude Abelgas, Sean Fitzy.

What classes are available?

Muay Thai, kickboxing, boxing, MMA, kids' kickboxing.

What facilities are available?

Room 1: 240m2 massive room for the intermediate/advance/fighters class with boxing ring.

Room 2: 98m2; room for the beginners.

Room 3: 115m2 state-of-the-art weights/cardio room.

Who are some notable fighters from the gym?

Joe Concha, Von Badato, Franz Sanchez, Ray Linfanti, Michael Badato, Henry Pinto.

Lots more potential fighters to become notable champs coming soon.

Where is the gym located?

Lvl 1, 40 Third Ave, Blacktown, NSW.

Where can people find the gym online?

www.fullforcegym.com.au or

[facebook.com/fullforcegym](https://www.facebook.com/fullforcegym)

How can people contact the gym?

Email: fullforcegym@hotmail.com

Ph: 0425 800 297

Message us on our FB page.

In one sentence, why should people visit the gym?

Whether you want to make a career out of fighting or just want to lose weight or learn how to fight, our FFG familia can help you reach your goal.

GYM SPOTLIGHT

Full Boar Thai Boxing

QLD

What year was the gym established?

1997

Who are the trainers?

Vince Parkes and Sarah Martin.

Where is the gym located?

17 Boundary St,
Cooktown, QLD.

Where can people find the gym online?

www.fullboar.org

How can people contact the gym?

sarah@fullboar.org
0427877181

What classes are available?

Fitness and Muay Thai.

What facilities are available?

Full Boar Thai Boxing is a non-profit community-orientated club that has for the past 15 years been giving youth a positive place to learn new skills and have fun.

Head trainer Vince Parkes aims to promote the sport of Muay Thai in the Far North in a professional manner and to the highest level while also promoting fitness and health and providing disadvantaged youth with a positive focus for their energy.

Full Boar aims to provide Muay Thai training to all ages and abilities in a fun, positive and safe environment. Accredited trainers Vince Parkes and Sarah Martin have more than 40 years' Muay Thai and fitness experience between them, and have successfully promoted 26 Muay Thai shows in the Far North since 2000 as well as training fighters for national and international tournaments, with several state and Australian title belts and gold, silver and bronze medals in the trophy cabinet to vouch for their success.



TRAINER 'VICIOUS' VINCE PARKES:
FORMER SOUTH PACIFIC AND
AUSTRALIAN CHAMPION;
20 YEARS MUAYTHAI EXPERIENCE



www.fullboar.org

17 Boundary St, Cooktown, Qld
P: 0427 877 181
E: info@fullboar.org



- WMC registered
- Certified trainers
- Fully equipped gym
- Fighter training five days a week
- All ages/fitness levels welcome
- Established since 1998

**Queensland's
most northern
thai boxing
gym**

DMD's Mixed Martial Arts

VIC

What year was the gym established?
1995.

Who are the trainers?

David D'aversa (head trainer), Jeff El-Rahi, George Lambroglou and Dr. Craig Macneill.

What classes are available?

Women's only kickboxing, fighter training, advanced Muay Thai, beginners kickboxing, kids Muay Thai.

Who are some notable fighters from the gym?

David D'aversa, Jeff El-Rahi, Kiani Walk, Claire Baxter, Tegan Papasergi, Theo 'The Joker'.

What facilities are available?

Full-size boxing ring and 1000sq/m of training facilities. Latest gym and cardio equipment with separate BJJ/grappling room. Ample bag work area.



Where is the gym located?

134 Victoria Street, East Brunswick, VIC.

Where can people find the gym online?

www.dmdmma.com.au

How can people contact the gym?

Email us: dmdmma@iinet.net.au
Telephone: 0409791154

In one sentence, why should people visit the gym?

Students come to DMD's with a wide variety of goals: to improve fitness, have fun, learn self-defence and gain confidence, learn a martial art, or compete up to pro level. Contact us to discuss your goals, and with hard work and support from the trainers at DMD's you will be well on your way to achieving your goals.

DMD'S MIXED MARTIAL ARTS



If you're interested in any of the Martial Arts we offer please come in for a free trial. If you are interested in a trial please contact us to find out when we are running our classes.



134 Victoria Street, East Brunswick, VIC, 3057
Call Dave on 0409 791 154

www.dmdmma.com.au



GYM SPOTLIGHT

CB Fitness

VIC

What year was the gym established?
2010.

Where is the gym located?
Shed 2/3 Caravan St, Wendouree, Ballarat, VIC.

What are the martial arts style available at the gym?
Muay Thai.

Who are the trainers?
Kay Hodgson, Dip Muaythai,
Jeab Sityodtong.

What classes are available?
Fighters class, kids, teens,
Taifit, cardio boxing.

How can people contact the gym?
Email us: kay@cbfitness.net.au
dip@dipmuaythai.com
Telephone: 0409954641



Why should people visit the gym?

The goal is to provide the community of Ballarat with a safe, friendly and healthy environment to learn the art of Muay Thai. We emphasise the importance of teamwork and good sportsmanship in a family-like atmosphere. Boxers will develop self-esteem and self-confidence from learning this martial art with highly qualified instructors. The aim is to ensure the students will improve muscular strength, muscular endurance, cardiovascular endurance, flexibility, power and agility.

What facilities are available?
15 bags, two separate training areas, spin bikes, weights area, 6x6 metre boxing ring, reception area.

Where can people find the gym online?
dipmuaythai.com



Traditional authentic Muay Thai in regional Victoria within 80 minutes drive from Melbourne's CBD



With over half a century of Traditional Muay Thai experience we can train you in this noble martial art



Train with two of Australia's most respected Muay Thai trainers - Dip Muaythai & Jeab Sityodtong



A Shed 2/3 Caravan St Wendouree - Ballarat VIC 3355
P 0409954641 **E** kay@cbfitness.net.au **W** www.dipmuaythai.com

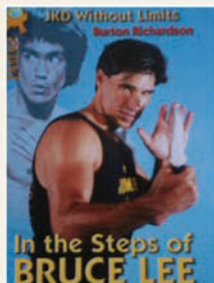


**SERIOUS TRAINING EQUIPMENT
FOR SERIOUS ATHLETES.**

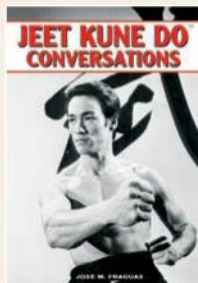
NC FITNESS

1300 855 667 WWW.NCFITNESSGEAR.COM.AU

FIGHT LIKE THE DRAGON!



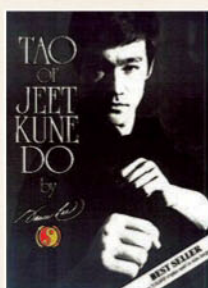
IN THE STEPS OF
BRUCE LEE



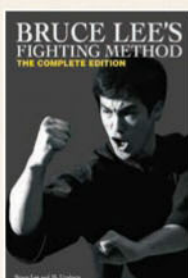
JEET KUNE DO CONVERSATIONS
BY JOSE M. FRAGUAS



ENCYCLOPEDIA OF JEET
KUNE DO: FROM A TO Z



TAO OF JEET KUNE DO - BY
BRUCE LEE



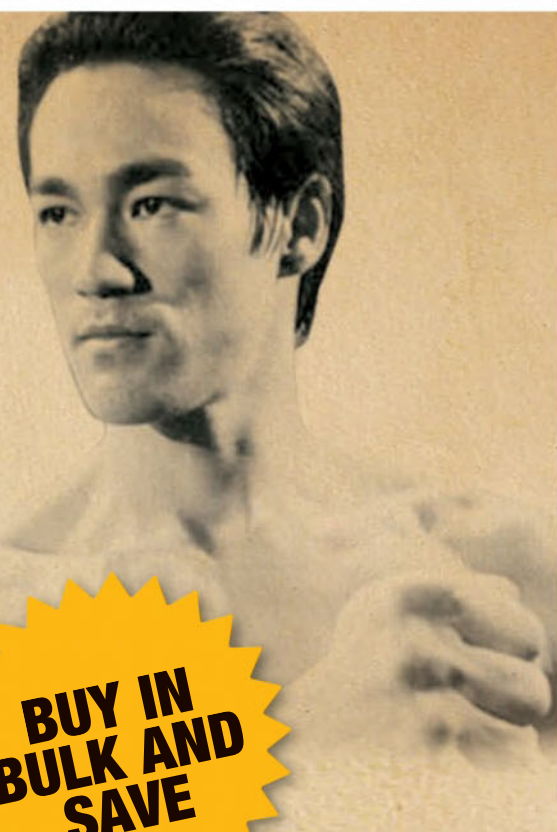
BRUCE LEE'S FIGHTING METHOD
- THE COMPLETE EDITION



JEET KUNE DO VOL. 1-6 - DVD
SET 1 BY JERRY POTEET

**BUY IN
BULK AND
SAVE**

CALL (03) 9574 8460 OR VISIT
WWW.BLITZMAG.NET TO ORDER



TUM SITYODTONG



NEW HOME, NEW BEGINNINGS TUM SITYODTONG

Tum Sityodtong has lived and breathed Muay Thai since the age of nine, forging a career in the ring amongst the art's elite in Thailand. Now, having traded the hot and humid beaches of Pattaya for the vast urban sprawl of Melbourne, Tum is champing at the bit to showcase the 'art of eight limbs' to local crowds in its purest form.

BY BOON MARK SOUPHANH //
PHOTOS BY WILLIAM LUU

After first visiting Australian shores back in 2012, Tum Sityodtong is finally looking to call Australia his home. After plying his trade as a successful professional fighter in Thailand, it was a meeting with Matthew Ball, the current head trainer of the Somerville Martial Arts Centre, that convinced Tum that the Land Down Under was where he needed to go to take the next step in his career.

"I met Matt Ball when he came to the Sityodtong Gym in Pattaya to train.

I was young and fighting a lot at the time," says Tum.

"We became good friends and he told me there were a lot of great opportunities for me in Australia. I could get a lot of good fights there and I could also teach, which meant I'd be better equipped to provide for my family."

Currently training and teaching at the SMAC gym in Victoria, Tum has already begun to make a name for himself on the local fight scene. After collecting a number of impressive victories, the latest a decision win over

top Aussie fighter Roy Wills at last year's Rebellion VIII event, Tum believes his work inside the ring goes hand in hand with his work outside it — passing on his knowledge in the gym.

"I teach at SMAC gym, which I consider my home in Australia, but I also got the chance to teach a bunch of other gyms across Australia too," he says.

"I had the opportunity to pass my knowledge to fighters at Wickham's Martial Arts Centre in Echuca, Barbarian Muay Thai in Ballarat, and Wilson Thaiboxing in Corowa.

Battling Llyod Dean at Brute Force 28



Everyone at these gyms took such great care of me — I'm very grateful that Aussie trainers and fighters have been so welcoming. I'm hoping to teach at more gyms across Australia in 2014 and even New Zealand as well."

As is the case with so many of the world's top fighters, Tum seemed destined to become a Thai boxer after

being introduced to the art via his father, who was a talented *nak muay* in his own right. Born and raised in a culture where learning how to kick and punch comes just about as naturally as learning to read and write, Tum began learning the art of one of Thailand's most well-known institutions.

"I began learning Muay Thai when I was nine years old," Tum explains.

"My father was a fighter and my first teacher. I remember growing up and wanting to be just like him. He brought me to train at his gym, Sityodtong Pattaya, and I've fought out of that gym ever since then. It will always be my home."

Now, with Australia his new home away from home, Tum hopes to continue repping the Sityodtong and SMAC names on the local fight scene in 2015.

"He's a super-nice guy and an amazing fighter," says Ball from SMAC.

"He also enjoys the odd chocolate and vanilla slice!"

Rest assured, despite his trademark grin and undeniable sweet tooth, there's nothing sugar coated when it comes to Tum's business in the ring. Coming off his last win at Rebellion, he can't wait to get in the ring again to show the locals his pure, technical breed of Muay Thai.

Tum, tell us a bit about your home gym in Thailand. Who were your head trainers? What was the training like?

I started learning Muay Thai under my father, who fought there before my father-in-law, Pooksae Sityodtong, who became my head trainer later on. My father-in-law and Kru Toy Sityodtong taught me just about everything I know at the gym. It's like one big family — I have a lot of friends there and we all laugh and train together. The training is tough and there are a lot of fighters there with different styles, which is great because it allows you to learn a lot of different techniques and also prepare for any kind of opponent.

Why did your father choose Sityodtong Gym? What sets it apart from other gyms?

In the area, Sityodtong was one of the best gyms and produced a lot of great champion fighters. The trainers push you very hard there and you have to be disciplined. There was no partying or drinking — the trainers wouldn't allow things like that if you wanted to be a fighter.

Take us through your professional career in Thailand? Where else in the world have you fought?

I FEEL MY BEST YEARS ARE STILL AHEAD OF ME. I WANT TO FIGHT TO BE THE BEST.



I had my first professional Muay Thai fight when I was 18. Since then, I've had over 90 fights here in Thailand — I've also fought in Cambodia and Italy. Fighting in Thailand is tough and it's been my life for a long time, but now I have new aspirations, such as fighting and winning in Australia!

What motivates you to keep fighting and winning after all these years?

I'm still quite young and I feel as fit as I ever have — I feel my best years are still ahead of me. I want to fight to be the best — I want to be a world champion. I feel I owe it everyone who supports me — my gym and my family. It's my living and I need to continue to support my family as well. Right now, I want to make the Sityodtong name big here in Australia and I have to keep winning to do that.

How would you describe your own fighting style? What techniques are your favourite?

I have a very smart and technical style. My main weapons are my kicks and I aim to put on a show every time I fight. My goal is to make people want to come and watch all of my fights. People tell me that they enjoy seeing me use my push-kick — I love that technique and I use it a lot. In my fight against Roy Wills, I managed to showcase my elbow strikes. I think they're the best weapon for cutting my opponent, and it's something I'm working on and hope to use more in future fights.

What do you enjoy most about fighting in Australia?

In Thailand I have cut weight in the mornings and then fight in the afternoons. In Australia, we weigh in the night before — I think this is good for me. I feel I have a lot more energy when I fight here. I love chocolate (laughs).

What is your opinion of the fight culture in

Australia as a whole? Do you think the kickboxing/Muay Thai communities here are in good shape?

In Australia, all the fighters and trainers work really hard. I'm really impressed by everyone's work ethic. The top Aussie fighters can go fight anywhere and do well — they'd do well even against the top Thais, I feel. With that being said, I think fighters here need to work more on their techniques — particularly in the clinching.

Stylistically, how are Aussie fighters different to the Thais in your opinion?

I've noticed the difference in the level of the clinching skills — Aussie fighters aren't as comfortable using the clinch and defending it. I find the majority of guys here want to push forward all the time and be the aggressor. You have to realise that you have to fight smart and move backwards sometimes — this is something that good fighters from Thailand do very well.



Tum battles Roy Wills at Rebellion Muay Thai 8



How has your time at SMAC been so far?

I've enjoyed my time here a lot. All the students and Matt Ball have been extremely welcoming to me. I look forward to spending a lot more time here.

For foreign fighters, do you think it is essential to train and fight in Thailand at some point in order to excel?

Definitely — I feel all foreign fighters should experience training and fighting in Thailand at some point. The art originated there, so it's important that fighters soak some of that culture first hand. The beauty of Thailand is that there are so many gyms, which allows you to experience different training styles and trainers. You can travel across

Thailand and experience many different training environments.

What was the toughest/most memorable fight of your career?

I can honestly say I don't have one. Every fight to me is special as I've always fought tough guys.

Do you have a dream opponent?

I don't want to call anyone out, but anyone who wants to experience strong technique, I welcome them to come fight me. Bring it on!

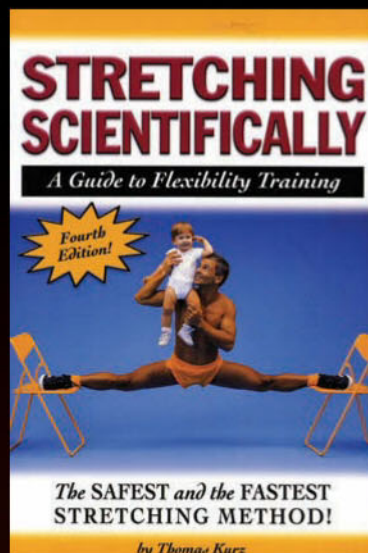
Please outline your weekly training schedule. Does it change as you get closer to a fight?

I like to alternate between tough training days and more relaxed training days. I'll do a hard session with sparring one day and I'll do a lighter session the next day. I don't like training 100 per cent every day as there's no point in going into a fight tired and sore. I listen to my body and train smart. As I get closer to a fight, I tend to do more running and pad work.

What do you hope to achieve in the rest of your career in Muay Thai?

I want to be the number-one fighter wherever I am. Whether I'm fighting in Thailand or Australia, I want to be the number-one guy! Hopefully one day I can be the number-one fighter in the world! **IK**

STRETCHING SCIENTIFICALLY



STRETCHING SCIENTIFICALLY BOOK

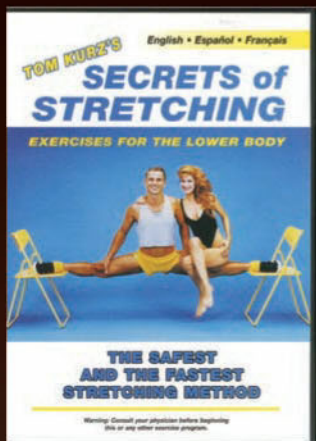
This book tells you how to make your muscles grow longer and stronger, how to determine your potential flexibility, and what exercises are "no-no's" if you want to stretch your muscles. Be a master kicker in only eight weeks! Use our method to attain maximum height in your kicks and be able to kick at that height with no warm up!

SECRETS OF STRETCHING DVD

The only DVD needed to achieve ultimate flexibility and strength, shows four exercise routines (from beginners to advanced).

YOU WILL LEARN:

- What determines how flexible you are.
- How to test potential flexibility so you know if you will be able to do splits.
- How to use strength training to prevent injuries.
- How to arrange your strength training and stretching routine.
- How to have your full flexibility (normally available only after a warm-up) even without a warm-up.



Just spend 4-15 minutes a day on dynamic (not ballistic!) stretches, and only twice a week 11-23 minutes on our special strength exercises and isometric stretches. We improved stretches which scientific studies by Holt, Travis and Okita have shown to cause a **267% greater increase in flexibility than any other method.**

CALL (03) 9574 8460 TO ORDER
WWW.BLITZMAG.NET

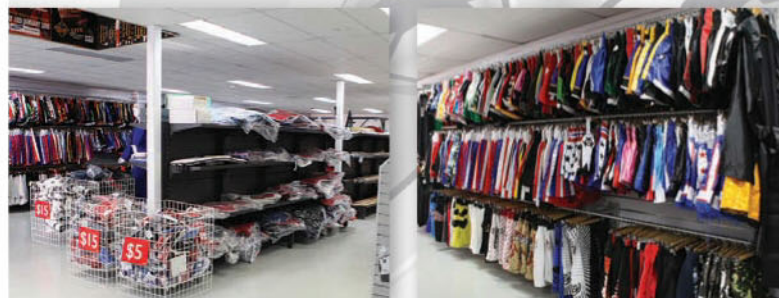


www.shogunmartialarts.com.au

- STOCKING ALL MAJOR BRANDS -



Weekly Specials — Wholesale Prices
for all your **UNIFORM & EQUIPMENT** needs...



Unit 1 53-55 Regentville Road, South Penrith NSW 2750

Contact us on **02 4731 1629**

or sales@shogunmartialarts.com.au

George Worswick

Tell us about yourself?

I'm 16 years old, live in Perth, Western Australia, and train at the Thaiboxing Pit.

What got you started?

I was travelling to Thailand with the family and saw Muay Thai advertised everywhere in Thailand. So when I returned to Perth I found out that one of my mates from school was doing it at a small gym. So I joined up with him and went from there.

Tell us about the title fight war vs Brandon Spain from QLD.

Yeah, fun fight. Really close, and a really tough kid. I was really sore from my last fight on Legacy 4, but Brandon put up a really good fight.

What's it like training at the famous Thaiboxing Pit gym alongside classy fighters like Toby Smith, Roy Wills etc.

Yeah, it's really good. Especially Roy, as we are the same weight and size. We train a lot together and he's strong and quick. He's a really good person to learn off.

Any upcoming training you'd like to talk about?

I'm heading off to train over in Thailand in the next month. I'm hoping to be there for the full year.

Do you have any superstitions or rituals?

Nah, not really. I like to bomb the toilet in the gym before training... Guess you could class that as a ritual!

Tell us something about yourself that we would never know.

I was born in England, and only moved here a couple of years ago.

Who would you like to thank?

I would mainly like to thank Blair Smith. Since I moved to the Thaiboxing Pit, I haven't stopped learning new things and improving.

Lastly, what advice have you got to give to anyone wanting to be in your position?

I would say, get yourself to a good gym with lots of better and active fighters. It's always better when you have people better than you. You can learn a lot more off them.

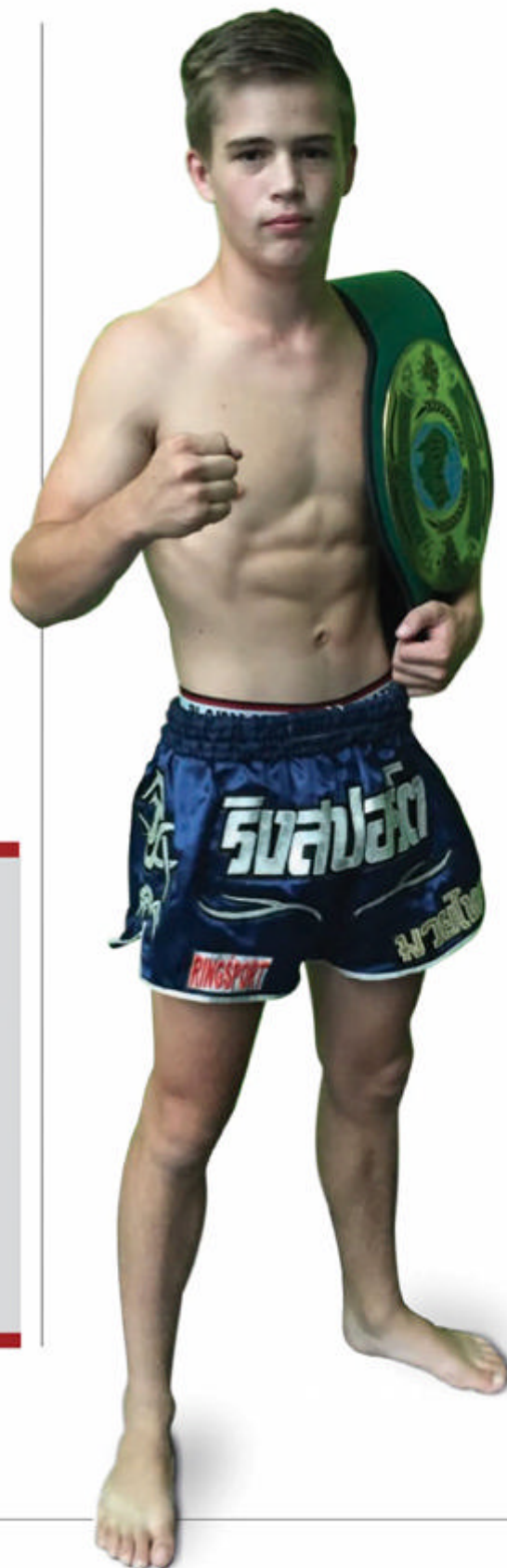
BIO

Weight:
62–63kg

Record:
11F
9W
2L
1KO

Titles:
WKBF Australian

Gym:
Thaiboxing Pit,
Perth, WA



Brandon 'Dynamite' Spain

Tell us about yourself.

I am 15 years old. I had my first fight at age seven and have been working the corner with my dad since I was five. I train out of Spain's Muay Thai Gym Toowoomba and have been training in the gym since I could walk. My dad, Leon Spain, is the head trainer at the gym, so I have grown up in the Muay Thai community.

Muay Thai has always been my passion and I have just started boxing in the last few years just to stay busy. I enjoy Muay Thai because of the respect fighters have for each other and the mates I have made through the sport also.

What got you started?

My dad has had me in the gym every training day since I was a toddler and also taken me to many fight shows as long ago as I can remember, so I have grown up in the gym. When I was little, the older fighters in the gym would spar with me on their knees and we would pretend we were fighting for title fights. These fighters and many others, such as John Wayne Parr, Preacher and Carnage, have inspired me to want to become a fighter and one day a champion like them.

Any other sports?

I play rugby league at a high level and I make rep sides in that as well. I box to keep busy and I have had nine boxing fights for one loss and won two titles.

I'd like you to talk about a recent fight: the title fight war vs George Worswick from WA.

The fight with George came to me as a surprise, as George's opponent pulled out on him for the WKBF AUS title. Bruce Macfie rang my dad, offering the fight with only three weeks' notice. Without hesitation I accepted but knew that this fight was going to be tough because I was going up two weight divisions and George being older and stronger. I decided to take it anyway knowing that it would be good experience.

It was a five-round war! I was split with an elbow in the first 30 seconds of round one but was able to dig deep and fight on, the full five rounds ending in a close decision. All credit to George for winning the title.

Tell us about your training.

I train five-to-six days a week and I try and travel every second weekend to get sparring at Brisbane or the Gold Coast. It's hard to find boys my age to spar, so that's

why we travel — I like sparring men. I get to go hard to prepare for the tough fights I have all the time. I don't dodge anyone; the better they are, the more I want them — I love being the underdog.

Any overseas training and fighting?

I have fought in Thailand and won. It was a great win. I was 14 years old and beat a 21-year-old Thai with over 40 fights. Both of us were carried out of the ring. Sinbi Gym class me as one of their fighters. I travel to Thailand with Dad regularly.

Do you have any superstitions or rituals?

The only superstition I have is that I always wear new fight shorts for every fight.

Tell us something about yourself that we would never know.

I play rugby league and touch football at a representative level.

I enjoy travelling overseas and experiencing different foods and cultures.

Who would you like to thank who have been with you on your successful journey so far?

I would like to thank my family, but mostly my dad, who is always there for me and pushes me to my limits, ensuring I am 100 per cent prepared for my fights. I would also like to thank all the fighters and people who train at the gym. They are always there to support me and spar, run or clinch with me.

Lastly, what advice have you got to give to anyone wanting to be in your position?

Always follow your dream and never let anyone tell you different. Always be willing to work hard, listen and learn. Always give 110 per cent and show respect to everyone.

BIO

Weight:

58–60kg

Record:

18F
13W
5L (MT)

9F
8W
1L
(Boxing)

Titles:

WKBF QLD
Atomweight

Gym:

Spain's Gym,
Toowoomba, QLD



Sandra Te Aroha Brew

Tell us about yourself.

I was born in a small country town in New Zealand. I'm half Maori, half NZ European. I moved to Australia about six years ago and I have been training in Muay Thai for about four years. I joined Phoenix Gym to get fit and try something different. After training a few months, I showed up to my first sparring session with no head gear, not knowing what to expect and got bashed by a few of the girls. I have never looked back.

I saw you take out a four-woman eliminator. What was it like knowing you might have to fight twice in one night? Any special prep for that?

Fighting in the four-woman eliminator was awesome. I was stoked to be given the opportunity to fight in this tournament and managed to stay quite positive and focused up until the final fight. I was disappointed in myself after the first bout and almost psyched myself out for the final. I was there with another coach, Kieran Walsh, and his energy and excitement at the corner got me so pumped that everything started to flow and I found my rhythm. The training up to my fight was the same as any other fight, the only difference was both Anthony and Kieran worked me on pads twice each session and drilled into me that I was fighting twice that night.

Talk about some of your other successes lately, namely the MTA Nationals and 2015 IFMA World Games.

Travelling with the ACT team to the nationals was an experience I will remember for life. We had a girl fighting in almost all of the weight divisions and also a team of juniors who fought as well. We were all really well prepped mentally and physically leading up to the MTA Nationals and the whole team of fighters and coaches worked well to weigh in and fight hard. I won my first fight against Melina Yung by KO in the first round and had to weigh in and fight again the next day. I fought Rozi Komlos in the final — this was the third time we've fought and I came away with the win by KO in the first round. To come away with two wins against two tough opponents by KO was an emotional rollercoaster, I was literally buzzing all the way home and to achieve these results in front of my team, especially the juniors, who I admire so much, was choice ace. I look forward to travelling this year to the IFMA World games, it is a great opportunity to get more fights and bring home the gold!

Your job sounds quite surprising after seeing you fight — any conflicts there and do the hours work for you?

BIO

Weight:
57–60kg

Record:
12F
8W
4L
2KO

Titles:
WMC NSW
Featherweight

Gym:
Phoenix Gym,
Canberra, ACT

I'm a registered nurse currently working as an advanced practice nurse in a nurse-led clinic. I also started a master's degree last year, so the time that I do get to train is very precious. I try to make the most of each session when I'm training and just smash it out. Sometimes I get frustrated if I have to miss a class due to work or assignments but I sure make up for it at the next one. If I'm not working I'm training or studying and I somehow manage to juggle everything. Many of my work colleagues are surprised that I choose this sport — I'm sure I get a few raised eyebrows, but the majority of my colleagues are supportive and get just as excited as me leading up to a fight.

Do you have any superstitions or rituals?

I'm of Maori descent so I am very spiritual and my culture, ancestors and heritage are very important to my life. I incorporate this into my fighting by saying my own *Karakia* (prayer) during workouts and before fights to give me strength, courage, and guidance to get through each session and fight safely and uninjured. I also have a *Pounamu* (necklace) from my Maori side, and my partner and his family are Chinese, and his mum gave me a jade necklace, which I wear all the way up until my fight and then I have someone from my corner wear them while I'm fighting. They both have similar meanings to protect me and keep me and my team safe.

Tell us something about yourself that we would never know.

I'm a very motivated person when I'm awake but I love to sleep! I could sleep all day if I had the chance.

Who would you like to thank who have been with you on your successful journey so far.

Anthony Manning and Tracy Yeomans for all the hard training and coaching, and for believing in me more than myself; everyone I train with and my partner Jimmy Cheung for supporting me 100 per cent in everything I do.

Any plans or goals you want to share with us?

Gold at IFMA 2015 World Games!



Kyle 'Big Bad Wolf' Webb

Tell us about yourself.

Well, I'm 27, live in Geelong and have been training at Top Tier for about five years. I am also a project manager at Qest Environments. Love to travel and have a good time with the boys. Anyone who follows Top Tier knows we like to have a good laugh.

Any other sports besides fighting?

I used to play a lot of footy before I started fighting but soon lost interest and had my first fight after training at Top Tier for six months.

A lot of Top Tier fighters have credited you for their success and preparation — are you an integral part of Top Tier gym for other fighters and students?

I would like to think that any member of Top Tier is an integral part of the gym as we always get behind one another and always seem to know what has to be done and expected of each other. However, while I was injured for a fair while, I still was heavily involved in the gym. I was there every day pushing and training the fighters. Through this I was able to get satisfaction from their success. It is always a great feeling seeing your friends succeed and be rewarded for their hard work. When you have fighters like Pat Richards, Cain Brunton, Chris Bradford and Steve Moxon, it makes working with them a pleasure.

Which of your fights was the most memorable? What exactly do you remember?

I suppose my comeback fight against Richard Simpson from Bulldog Gym was one I remember the most as I hadn't fought for over two years and only really trained properly for just over a month before it. It was a bit slow starting for me but then I found my feet and the timing came back. I think holding the pads for our fighters helped me out a lot in reading the fight better and my knees became one of my stronger weapons from then on.

Talk about your serious injury that put a halt to your career.

I got stress fractures both sides of my back after my third fight then had to sit out for over two years. I tried to come back a few times unsuccessfully and it flared up again, but with changing the way I train a little bit and changing my job, I was able to train and fight again.

Do you have any superstitions or rituals?

I'm not really one for superstitions but a pre-fight haircut and a new pair of jocks is a must fight week.

Tell us something about yourself that we would never know.

BIO

Weight:
85–92kg

Record:
7F
5W
2L
1KO

Gym:
Top Tier MT,
Geelong, VIC



I lived in South America for a year. I have tattooed about 10 of my friends, specialising in stick figures relating to something they do.

Who would you like to thank?

Chris Bradford and Steve Hull. Chris, as you all know, is a great fighter and even better bloke — he cares about everyone who walks in the doors at Top Tier and has become one of my best mates, always being patient with me, even when I'm having a hard time. Steve Hull is also a good friend and now also my boss at Qest Environments. He has given me the opportunity to work for him, which has been a massive part of me being able to train and fight again. Steve is very passionate about the sport of Muay Thai, sponsoring many of the great events and also our gym; he goes out of his way for a lot of people and is very respected. I greatly appreciate everything that Chris and Steve have done for me and the opportunities so far. Also my best mates, Pat, Cain, Archie and Cal, thanks for always having my back and the continuous support.

Any plans or goals you want to share with us?

I guess this year I just want to train smart, stay injury free and give it 100 per cent and see where it takes me. I have been given the opportunity to fight for a WKA East Coast title in a rematch against Rob Ferguson. We had a good fight last time; I won by points, was entertaining, so this will be one not to miss. I'm heading to Thailand for three weeks at the end of April and will fight over there and enjoy some time away with the rest of the Top Tier crew. **IK**



Essential Hydration

BY ADAM RIGBY // PHOTOS BY SXC

Your body depends on water for survival. Did you know that water makes up more than half of your body weight? Every cell, tissue and organ in your body needs water to function correctly. For example, your body uses water to maintain its temperature, remove waste and lubricate joints. Water is essential for good health.

You lose water each day when you go to the bathroom, sweat, and even when you breathe. You lose water even faster when the weather is really hot, when you exercise, or if you have a fever. Vomiting and diarrhea can also lead to rapid fluid loss. If you don't replace the water you lose, you can become dehydrated.

During the summer months, keeping hydrated is essential, particularly with long, intense training sessions. The loss of electrolytes from sweating during training most people are aware of,

but when you factor in the summer heat, you may be losing a lot more than you expect. Dehydration is often linked to the first signs of fatigue.

B group vitamins have many functions within the body and are crucial for energy production, particularly when under stress during exercise. Quite often in fatigue cases, B vitamins will be the first consideration when assessing appropriate vitamin intake.



Couple your electrolyte and B vitamin loss with the breakdown of amino acids from muscle to provide energy for your training and you may find your energy and recovery impacted severely.

An ideal supplement is a modern amino formula specifically designed to aid muscle recovery with a 10/1/1 ratio BCAA, to aid in muscle resynthesis. It will also provide glutamine and phenylalanine for energy replenishment. Electrolytes and B1, B6 and B12 for energy and hydration make it an ideal energy recovery formula without sugars to help maintain or lose weight, perfect after the Christmas period. They are usually flavoured and easy to consume during training. **IK**



FURTHER INFO

Adam Rigby BHSc Nut Med Post Grad cert higher ed
Evelyn Faye Nutrition, 360 Bourke St, Melbourne. Phone: (03) 9670 1346 and www.completehealth.com.au also has information

JOIN THE CONVERSATION



BLITZ PRESENTS **INTERNATIONAL KICKBOXER**



International Kickboxer Magazine

Richard Walsh Urban Fight Gym

Richard Walsh has been long regarded as one of the top fighter trainers in Australia. He is the head trainer at Urban Fight Gym on the Gold Coast, where he trains notable stand-outs such as world champion Nathan 'Carnage' Corbett, and Melina Yung, who is featured in this issue.

Walsh is also the promoter of the Urban Warfare Series and was a previous WKA Victorian champion in a career of 35-plus fights.



TECHNIQUE 1 — RIGHT HAND

This technique is a good way to use an elbow strike on a fighter with a low guard.



1 Iggy McGowan (good guard) faces up against Richard Walsh (low guard).



2 Iggy uses his front hand to pull Richard's low guard down lower...



3 ...and applies enough pressure to bring Richard forward and off balance, lowering him more.



4 Iggy then strikes with a crossing right elbow to Richard's open jaw.

TECHNIQUE 2 — LEFT HAND



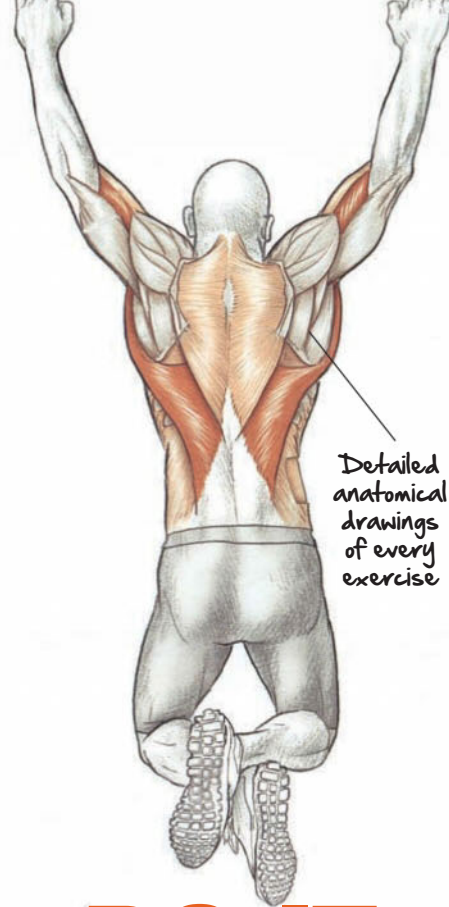
Iggy McGowan (good guard) faces up against Richard Walsh (low guard).



Iggy still uses his front hand, but this time reaches to Richard's rear hand...



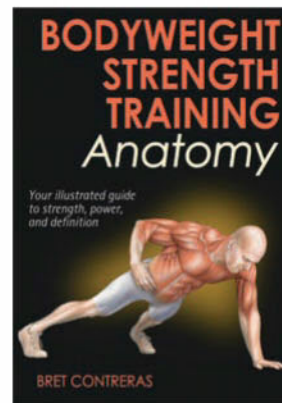
...and steps forward and rolls his front elbow over the top to hit Richard's jaw.



DO IT RIGHT!

GET IN THE MOST POWERFUL SHAPE OF YOUR LIFE & AVOID INJURY

156 EXERCISES



CALL (03) 9574 8460
OR VISIT
WWW.BLITZMAG.NET
TO ORDER

FIGHT SCHOOL

Passing Guard

JIM ABRILLE WITH CHAZZ WALTON

Former *FIGHT!* web developer, professional fighter and IFL veteran Jim Abrille, and undefeated amateur MMA fighter Chazz Walton run us through a simple but effective technique.

TECHNIQUE

Misdirection to guard pass

From any given position in MMA, the options are many, so it's always good to have a variety of techniques in the memory bank for quick access when you want to mix it up. Here, we run through a simple but effective technique to help you get past an open guard and punish your opponent for throwing those pesky up-kicks.



As opposed to laying low in the guard, Jim postures high in Chazz's (closed) guard, posting his left hand on the chest/neck area.



Jim's right leg should be posted at around 45 degrees to the rear. This will enable him to posture better and stand up faster while still keeping the leg far enough away to prevent attempts to attack the leg, or a sweep attempt.



Jim uses a few well-placed right hands (can be to the head, body, or combination of both) in order to get up to both feet.



At this point, keeping a closed guard is a bad idea for Chazz and he will need to look to submit (usually an armlock) or improve position. This could be as simple as opening his guard and putting his feet on the hips to make space.



When Jim feels the guard open, he backs up just far enough to be out of submission danger, but not so far as to allow Chazz an easy pathway back to his feet.



Being cautious of the up-kick, Jim advances close enough (half a step or so) to catch Chazz's toes while posturing back to avoid the up-kick.

Note: grabbing all five toes of each foot is legal and is a highly effective way of preventing the downed fighter from freeing his feet from the grip.



Jim uses misdirection by stepping to the right while moving Chazz's legs/feet to the left.



As Chazz reacts with defensive measures (usually by trying to recover some form of guard), Jim steps forward and to the left (about 45 degrees), and throws Chazz's legs to the right.



This sets Jim up for an opportunity to land a big right-hand shot and also be on his opponent's side, where he can follow it up with a combination of other strikes, and/or control the side.

ENJOY YOUR COMPLIMENTARY INSTRUCTIONAL TECHNIQUE

COURTESY OF **FIGHT! AUSTRALIA**



**Proven Training, Fitness, Fighting
& Nutrition Techniques from
industry experts**

**PURCHASE YOUR COPY OF
FIGHT! MAGAZINE AUSTRALIA
IN NEWSAGENTS NOW**

**www.fightaustralia.com.au
(03) 9574 8460**

MISS 24/7 MELINA YUNG

At the end of 2014, **Melina Yung** takes a deep breath and reflects back on a massive year in the sport. She represents the saying '24/7' perfectly and it's evident her passion lies within the industry, dedicating nearly every waking hour to Muay Thai. Between working at Urban Fight Gym, running her successful business, Nationally Registered Fighters (NRF), and helping Muay Thai Australia (MTA), she found time for seven fights, including representing the 60kg division in the IFMA World Games in Malaysia, and a WMC State Title belt.

BY CALEY REECE

It took Melina a long time to find what she was looking for. After a childhood consisting of wrestling and punching her male friends, she decided at 20, it was time to get serious. Being naturally athletic and a long-distance runner, she knew exactly what she was looking for but couldn't quite find it with classes like boxercise, ninjitsu and capoeira.

Then in 2004 it all began at Boonchu. The instant she walked in she knew that was it. Muay Thai. She had found what she had been looking for and she jumped straight on the pads and started her growth for the love of the sport and now lives by it, literally 24/7.





“Dedication, sacrifice and determination to conquer one of the biggest challenges you will face in life — a battle within yourself.”



You have been around the sport a long time — what's the reasoning behind taking so long to kickstart your fight career?

When I started in 2004, it was for fitness, and fighting wasn't even something that occurred to me. I then backpacked overseas for a couple of years and when I returned, I trained under Jason Hawker, Danny Maksacheff and Clayton Collyer. It was here that I was exposed to the possibility of jumping in the ring, so I started to fight train. In 2009, I thought maybe I'd just have one fight, just to see what I'd learned over the time. I had my first fight at the end of 2009. I won my fight and the adrenaline high I got from the whole experience was awesome and I knew I'd want to do it again. So I made a goal to have three fights and that would be all. After my first fight, I kept injuring myself (outside of training) — a surfing injury... cartwheel injury...bicycle injury...and then I sprained my ankle really badly one night out on the town and this put me out of action for almost a year. Although I kept training on and off in between my clumsy injuries, finally in 2011 I was good to go and injury free — I had two more fights under Clayton Collyer before moving over

to Urban Fight Gym. Under Richard Walsh I have had the rest of my fights and am looking forward to a huge year in 2015 with Richie.

In your opinion, in the 10-plus years of your involvement, what have you seen change the most?

I feel the main thing I've seen change is the increase in female fighters. It's amazing to watch the crowd at shows really getting behind the female fights, and the level of skill and dedication of the girls is very impressive. The fact that so many promoters are able to put on four-woman eliminators in the past couple of years, I think, speaks volumes!

“ I feel the main thing I've seen change is the increase in female fighters. It's amazing to watch the crowd at shows really getting behind the female fights, and the level of skill and dedication of the girls is very impressive. ”

MELINA YUNG

AGE:

35

GYM:

Urban Fight Gym

RECORD:

13F 8W 1D 4L

FAVOURITE FOOD:

Asian — noodles and rice, particularly Thai!

STRONGEST WEAPON:

Knees

TITLES:

WMC 58.97kg QLD State





TOP 5 HARDEST OPPONENTS?

- EDEN REINDERS
- KAT SIMPSON
- SANDRA BREW
- SAM ERNST
- BRIDIE JANE

Recently you represented the 60kg division for the world games in Malaysia – how was that experience going from fighting local opponents to a worldwide competition?

This was a totally new experience for me. I'd never fought in a tournament before, let alone fighting with headgear. So I was stepping into a lot of unknowns. Also, I was going in with only five fights under my belt, knowing that I'd be facing girls with more than double my experience. When I got there, however, I realised that everyone is just another person and it doesn't matter who my opponents were, or what country they came from, they were just the same as myself. I've never been part of a team like this and it was so great to feel the support of so many people and getting to know our junior and senior fighters from all around Australia was awesome.

On returning, you were victorious over Eden Reinders for the QLD state title in a close fight – how did it feel winning the belt?

Eden is an extremely tough fighter with quite a good record, so going into this fight I had a lot of doubters, which gave me more reason to give it my all. Fighting is a huge challenge and I'd had such a busy few months with back-to-back fights that I felt really proud to take out the WMC title. I wanted to win this title not only for myself, but also for my trainer; after all the hard work Richard has put in to me throughout 2014, I couldn't have asked for a better thank you to him.

3 THINGS WE DON'T KNOW ABOUT MELINA

- 1** I love snowboarding and try to go to the snow every year
- 2** I write left handed but do everything else right handed
- 3** I spent 14 years working in IT, fixing and building computers, servers and networks.

You dedicate the majority of your time to the sport, helping MTA, working at Urban and running NRF while fitting in training – how do you handle the lack of break and how do you keep motivated?

I must admit it is really hard and at times quite trying. I do have my high and low days but I just remember why I'm doing what I do and it always picks me back up. I'm working so

hard to help fighters and the industry as a whole, because I know how it feels to make sacrifices, to follow your passion and I want to help others to reach their goals and feel proud of what they do...this is my driver...this is what keeps me going.

Given you are running a business (NRF) within a male-dominated industry, was it hard to kickstart?

At first I hid myself from the public. I didn't put myself out there as the person who founded NRF, so I think by doing this I was able to show what I could do without any stigma attached to it. Also, I was already used to dealing with being in a male-dominated industry because my IT career was the same. IT used to be very male dominated back then and I had to deal with a lot of clients being in shock when I'd turn up to fix their server or computer. I think this helped me to understand some of the challenges I'd be facing.

MELINA'S OPINION ON: The level of respect in Muay Thai

I think the student to trainer respect is nowhere near the level it used to be. I think there are many fighters who forget just how much sacrifice their trainers make for them. Although, I think there is still a high level of opponent respect in our sport. I feel like the level of 'smack talk' has dropped significantly (although it still exists) and more often than not fighters are either friends before or become close friends after they have shared the intense experience of a fight.



You just fought to qualify again for the Games but lost due to stoppage from a break in your nose. Do you feel that the pressures of being one of the organisers could have possibly affected your focus for this fight?

Yes, I think this played a little bit of a part in my mental state. I also had my NRF stall there on the day, which, in hindsight, wasn't the best idea. This combined with worrying about the way the day was going and a lack of sleep all contributed to my performance on the day. The first opponent for me in the tournament ended up being Sandra Brew, who went on to win the championship by another KO in her second fight on the day. To fight someone of Sandra's calibre definitely requires 100 per cent mental commitment and I let myself down in this department on the day.

Do you feel, even though you didn't win, mixing the work and fighting was a big learning curve from a fighter's perspective?

Absolutely. Fighting is 100 per cent mental. I have learnt that if your mind is not fully in the moment and 100 per cent committed to every shot, then you are not performing at your best and this can make all the difference in missing out on something you really wanted. I feel every loss makes you learn so much and only helps you to grow as a fighter.

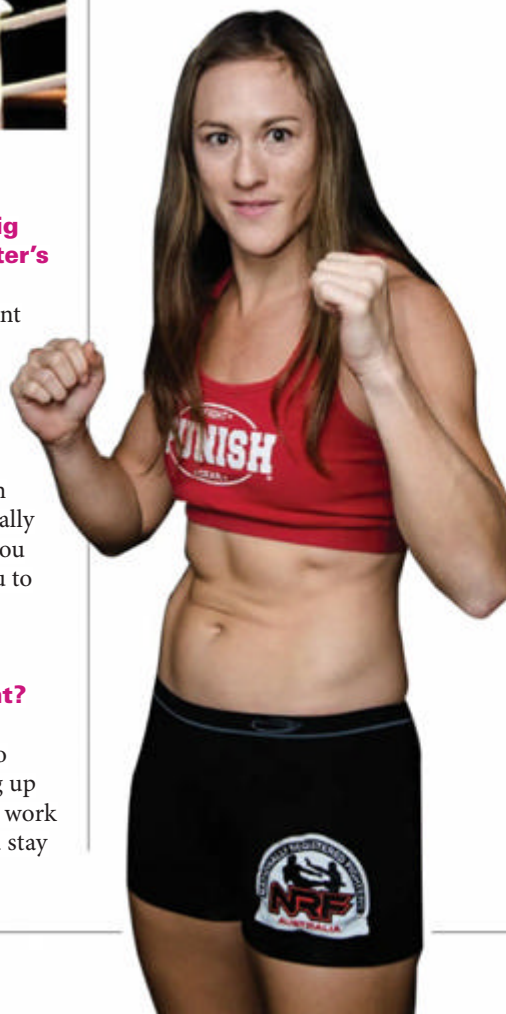
How would you normally mentally prepare for a fight?

I write affirmations and stick them around my house. I also do visualisation in the week leading up to my fights. I try to take on less work during fight week and to try and stay

as relaxed as I can in the lead-up. On fight night, I normally rest out back, a bit of positive self-talk and some more visualisation.

If you could change one thing about Muay Thai, what would it be?

I'd love to be able to change the way the general public view our sport. I think all the hard work that everyone involved in the industry puts in needs to be recognised the same as it is in mainstream sports. **IK**



SPECIAL COLLECTOR'S EDITION

KICKBOXING LEGENDS

READ ALL ABOUT THE LEGENDS OF THE SPORT

NOW AVAILABLE in both PRINT and TABLET editions



Search for **INTERNATIONAL KICKBOXER** in the relevant app store for your tablet platform



Amazon, Kindle, Fire, and all related logos are trademarks of Amazon.com, Inc. or its affiliates.

Android is a trademark of Google Inc.

Apple, iPad, iPhone, iPod touch, and iTunes are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

A New Year ahead!

Bangkok-based newshound ROB COX reports on the latest news and fights from the home of Muay Thai.

JOMTHONG TAKES MAX ULTIMATE 4 MAN

The 7th of December saw the Max Muaythai Ultimate 4-man tournament at 67 kilos at the new Max Muaythai stadium in Pattaya. The tournament saw the four winners from the earlier 4 man's in the year, Jomthong Chuwattana, Rafi Bohic, Jingreedthong Seatransferry and Adaylton Sor Keawsuk, do battle for a grand prize at stake of \$30,000.

The first fight saw Jingreedthong take on Rafi Bohic of France. Rafi put up a strong fight, but Jingreedthong was just a little too sharp and controlled the fight throughout, taking the win and moving into the final.

The second semi final saw Jomthong Chuwattana take on Brazilian Adaylton Sor Keawsuk. Adaylton showed a lot of heart when he won the first tournament, battling through both fights with a nasty cut on his shin. Unfortunately the cut opened up again in the opening round of this fight, making things even harder for him up against the favourite to win the tournament. Jomthong never looked in any danger of being upset and picked off Adaylton throughout with hard left kicks and punches and moved through to face Jingreedthong in the final.

Before the final there was a chance for another young Australian to make a name for himself. Millad Farzad faced former Thaifight and Isuzu tournament champion Framongkol Sorjordanrayong. Millad surprised the crowd and Framongkol took the fight to him from the opening

Framongkong vs Millad



bell with some solid punches and kicks. In round two Millad stunned the crowd into silence with a vicious hook to the body that sent Framongkol to the canvas, doubled up in pain. The referee didn't need to count, calling off the fight with Framongkol unable to continue.

The final pitched the two Thai fighters against each other in a thrilling fight. The action was even in the opening round as both exchanged solid shots. In round two Jingreedthong opened up with some big knee barrages to go in front. Just as it looked like he may be on the way to causing an upset, Jomthong came back with some vicious body punches and knees and kicks and Jingreedthong looked winded. Jingreedthong tried to get back in the final round, but Jomthong managed to soak up everything he threw at him and took the decision at the end.

SUPERBANK CLEANS UP AWARDS

December saw the start of all the different Muay Thai awards for

Jomthong champ



Jomthong vs Adaylton



the year announced. Superbank Mor Ratonabandit took a clean sweep of the best boxer for 2014 award, though after some controversy regarding the Sports Authority of Thailand award. Superbank first received the award from Lumpini stadium for best boxer before it was announced to some surprise that Muangthai PKSaenchaimuaythai gym would get the award for the Sports Authority of Thailand's boxer of the year. This caused a furor on social media after it was spotted that in the list of fights used to measure the award, Muangthai had two fights in a short space of time, with less than the required rest days between fights, breaking the Sports Authority's own rules. That, coupled with many feeling Superbank deserved it more, saw more and more posts on Facebook and other sites criticising the decision until Muangthai's manager stated that they wouldn't be accepting the award. To make things calm down, Superbank was then given the award. The final awards presentation of the year was from Ratchadamnern stadium and Superbank made it a hat trick, winning this award as well.

Jomthong vs Jingreedthong



THAIFIGHT 2014 TOURNAMENT FINALS

The 21st of December saw the final Thaifight show of the year at the Asiatique riverside in Bangkok and saw the finals of this years tournaments. The 70 kilo tournament fought under Kard Chuek or bound fist format and the 72 kilo tournament fought under the normal Muay Thai format.

The 70 kilo tournament under Kard Chuek rules saw Thai superstar Yodsaenklai Fairtex take on Swiss fighter Christophe Pruvost. In the two early stages

Jomthong vs Jingreedthong



Christophe had looked strong, with clear wins each fight, but Yodsaenklaai was a different level and came out blazing from the opening bell. Christophe had no answer to Yodsaenklaai's power and was dropped three times in the opening round and the referee stopped the fight to save him from further punishment.

The 72 kilo tournament saw another Thai star, Saiyok Pumpanmuangwindysport, face French star Antuan Pinto. Saiyok got off to a fast start, dropping Antuan for two eight counts in the opening round with punches and elbows. Antuan tried to come back

after, but Saiyok was always in control and the cushion of the two knockdowns saw him take a clear win at the end.

KHAIMUAY IN FOCUS

Minayothin gym is another of Thailand's longest serving boxing camps, having been around for over 30 years, starting out as Sakchaiyasit, named after the owner Chaiyasit Kongkiatyong. The gym produced its first Lumpini champion, Yongyutnoi Sakchaiyasit, under Onesongchai promotions and has produced many other big names over the

One to watch

Denkriengkrai Kiatphontip caused a big stir in his opening fight at Ratchadamnern stadium where he took on Rengsaknoi Sitniwat, widely regarded as the number one in Thailand at their weight. Denkriengkrai came into the fight a relative unknown, but stunned the crowd with a classy, technical performance to outpoint Rengsaknoi. More strong performances have followed from the young southpaw from Phattalung in the south of Thailand and have seen his promoter Songchai Ratanasuban praise him as one of the young prospects with the potential to be one of tomorrows superstars.

Denkriengkrai Kiatphontip



Kengklar vs Sprinter



Kongsak vs Yodpanomrung



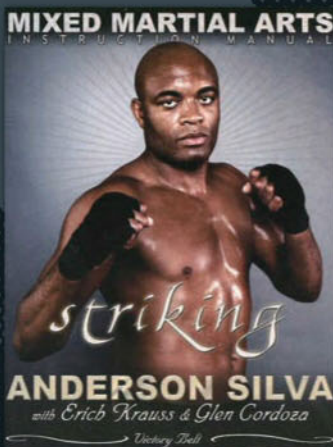
Max 4 Man



ANDERSON SILVA

IF SOMEBODY
DISRESPECTS
ME THEY
WILL PAY
FOR IT.
I PROMISE

MY ULTIMATE GOAL
IS TO GO DOWN IN HISTORY AS THE
MOST EFFICIENT AND TECHNICAL
FIGHTER THAT HAS
EVER FOUGHT

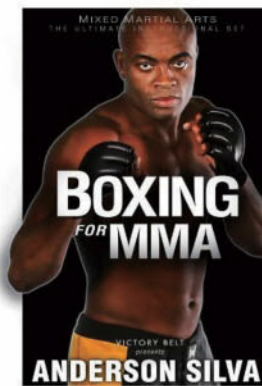


Anderson Silva Mixed Martial Arts Instruction Manual - Striking

with Eric Krauss & Glen Cordoza

UFC Middleweight Champion Anderson Silva unveils more than 150 striking techniques, detailing everything from basic punches and kicks to complex combinations through 1500 step-by-step color photographs.

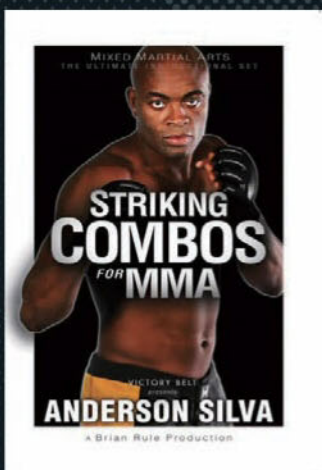
Our Price: \$55.00 AUD



Anderson Silva Boxing for MMA

In BOXING FOR MMA, UFC Middleweight Champion Anderson Silva examines the sweet science as it relates to the sport of mixed martial arts.

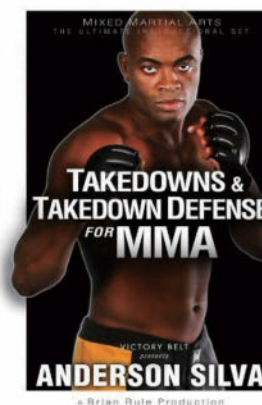
Our Price: \$59.95 AUD



Anderson Silva Striking Combos for MMA

In Striking Combos for MMA, UFC Middleweight Champion Anderson Silva unveils for the first time ever all the striking combinations that have made him the best pound-for-pound MMA fighter on the planet

Our Price: \$59.95 AUD



Anderson Silva Takedowns and Takedown Defense for MMA

In Takedowns and Takedown Defense for MMA, Anderson breaks down and examines one of the most important aspects of the sport- dictating where the fight takes place.

Our Price: \$59.95 AUD

To order, call (03) 9574 8460 or visit www.sportzblitz.net/onlinestore

years, including Wanchai and Binla Minayothin and today's stars Ekpracha and Wanheng Minayothin, who recently became Thailand's latest international boxing champion, winning the WBC belt, to add to his Lumpini and Thailand belts, won under the Muay Thai rule set. The gym tends to have a distinctive style: tough, uncompromising walk-forward fighters with strong hands, but if fighters have other strong points, they will also develop them around that. Minayothin gym is based inside Kasetsart University in the north of Bangkok, close to the new Lumpini stadium.

KONGSAK STARTS 2015 IN STYLE

Ratchadamnern stadium is currently seeing a boom in crowds and fight cards, with Lumpini's location making it harder to travel to and Jitmuangnon promotions put together a solid card on 15 January that saw another large crowd come through the Ratchadamnern turnstiles.

Kaotaem Lukprabart and Rungpet Kiatjaroenchai had a hard-fought battle in the clinch for five rounds. Kaotaem held the advantage height wise and was able to use it to control the clinch more, outscoring Rungpet with hard knees to take the win.

Kengklar Por Pekko and Sprinter Pangkongprarp squared off for the vacant Ratchadamnern Super-flyweight title. This turned out to be fight of the night as both traded sharp kicks and knees throughout. It was very close going into the final round but Sprinter just landed with a few more solid kicks and took a split decision win to take the title.

Pet Or Pimolsri had a tough day at the office against Wirachai Wor Wiwatananon. Wirachai looked a league above skill wise and picked off Pet with razor-sharp kicks and long knees and spun him off balance to the canvas multiple times. Pet never stopped trying to get forward, but was outclassed by Wirachai.

The main event saw Kongsak PKSaenchaimuaythai gym take

on Yodpanomrung Jitmuangnon. Yodpanomrung took the fight to Kongsak in the clinch, landing with some strong knees, but in the later rounds, Kongsak's trademark, heavy left kicks found their target repeatedly and Yodpanomrung slowed up. Kongsak was in total control by the final round and cruised to a points decision win. **IK**



Superbank Mor Ratonabandit



Pet vs Wirachai



Saiyok vs Antuan



Yodsaenklai vs Christophe

FEATURING ALMOST
4 HOURS
OF VIDEO CONTENT



Muay Thai Fundamentals



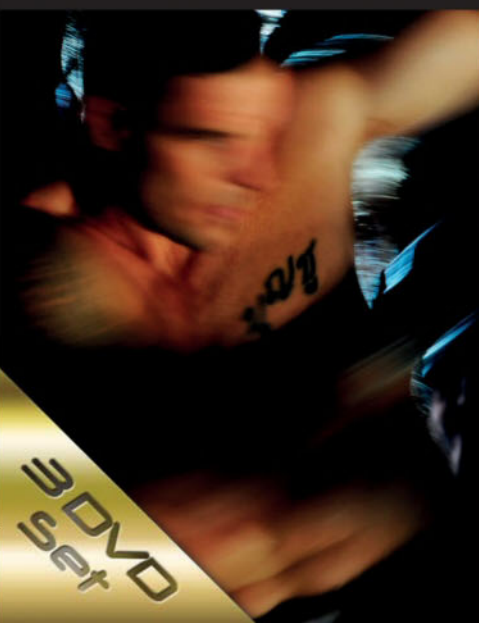
Partner Drills & Training



Pad Work Training



Bonus Features / Interviews / Wai Kru



John Wayne Parr

10 time World Champion



Locked & Loaded

Muay Thai Training Trilogy

**10 time world champion and Muay Thai Legend 'John' Wayne Parr
presents this incredible DVD training series.**

**JWP teaches authentic Muay Thai technique from the fundamentals of Muay Thai
to advanced partner drills and pad work including punches - elbows - knees - kicks
- clinch & grapple - combinations - defend & counter - strength & conditioning.**

**This series not only teaches world title winning technique but also provides
an insight into the life and times of John Wayne Parr through in-depth and
insightful interviews with JWP.**

Find out what makes a champion - inside and out.

**Order Your 3 Disc Set From
www.sportzblitz.net/onlinestore**

Bec Chandler

PHOTO BY CHARLIE SURIANO



Where did you grow up?

I grew up in Perth until I was 10 years old, then moved down south to Mandurah with my family until I graduated from high school.

Apart from modelling, do you have another day job?

I work full time as a recruitment consultant for the industrial, mining and construction industry.

Do you know anything about fight sports?

UFC fighter Soa 'The Hulk' trains at my gym and I try to follow his fights when I get the time to sit down and watch TV.

What do you look for in a guy?

Someone who looks after themselves both inside and out, is loyal, fun, romantic and full of spontaneity.

What are some words to live by?

'Trust the timing of your life,' and 'You only have one life to live so live it to the fullest.'

Tell us what you do to keep fit and in good shape?

I love to mix it up every week to keep things fun and fresh. I aim to do cardio two-to-three times a week mixed up with one or two PT sessions with my trainer, focusing on weight training and a few good HIIT (high-intensity interval training) sessions as well.

I also love a bit of boxing pad work, too.

What is your one weakness?

A good cologne on a fit guy.

What's one surprising thing that most people wouldn't know about you?

She not only lifts and squats but she bakes and sews!

Fav TV show?

The Big Bang Theory.

Fav movie?

The Goonies.

Fav tunes?

My weight training playlist consists of nothing but R&B and hip hop — Chris Brown, Kanye, Pusha T, etc. and my cardio playlist is full of electronic dance beats. **IK**

Age: 34

Height: 5'3" (190.5cm)

State: Western Australia

Instagram: @becksiec

Facebook: Rebecca Chandler

Twitter: Rebecca Chandler @Becksie31

BLITZ PRESENTS INTERNATIONAL KICKBOXER

GET YOUR TICKETS NOW!

INTERNATIONAL KICKBOXER

PaySmart The Benchmark

HOME NEWS EVENTS SHOW REPORTS RATINGS FIGHTERS TRAINING PHOTOS FORUM GYM GUIDE EQUIPMENT CONTACT

SEARCH SITE search... GO

DMD's Mixed Martial Arts
DMD's Mixed Martial Arts is based in East Brunswick, VI...
[Read more](#)

LATEST ISSUE OUT NOW
REVENGE
Available on the App Store
SUBSCRIBE

MEMBER LOGIN
Username:
Password:
Remember Me ☐
[Forgot your login details?](#)
[Create an account](#)

FIND YOUR NEAREST NEWSAGENT
Buy International Kickboxer from a newsagent near you! [\(AUS | NZ\)](#)

WHAT'S NEW

CB Fitness, Victoria
CB Fitness is based in Ballarat, VI...
[Read more](#)
Wednesday, 27 January 2014

Cobie Brigham: Young Barbarian
Cobie Brigham is one of the country's top young prospects. Fighting out of the Barbarian... [Read more](#)
Wednesday, 9 January 2014

Toby Smith talks about his win over Thongchai
Toby Smith is relishing the chance to fight and prove himself against the best following hi... [Read more](#)
Monday, 6 January 2014

Toby Smith defeats current Lumpini champion
Toby 'The Weapon' Smith defeated current Lumpini champion Thongchai Silongpeenong in Pattaya, Thailand via... [Read more](#)

PREMIER EVENTS

08/02/2014 19:30 Thebarton Theatre, South Australia
Knockout Fury 44: World Light Heavy...

22/02/2014 18:30 Eatons Hill Hotel, Queensland
Premier: Knockout vs. Razz
[View all events >](#)

IK FIGHTER RATINGS LEADERBOARD

MALES		FEMALES	
50kg Jockeyweight		50kg Flyweight	
Brodie Stander, QLD	111	Kim Townsend, WA	43
50kg Bantamweight		50kg Jockeyweight	
Aaron Leigh, QLD	154	Serin Murray, NSW	61
50kg Featherweight		50kg Bantamweight	
Jake Marks, NSW	80	Nerelle Leahy, QLD	68
50kg Lightweight		50kg Featherweight	
Dane Beauchamp, QLD	165	Calley Reece, WA	152
50kg Junior Welterweight		50kg Lightweight	
Korakiat Chamawong, WA	325	Dina Sokol, WA	41
50kg Welterweight		50kg Junior Welterweight	
Sing Sri, VIC	191	Melissa Anderson, QLD	45
50kg Jr Middleweight		50kg Welterweight	
Kym Johnson, SA	117	Sindy Maricic, NSW	92
70kg Super Middleweight		50kg Jr Middleweight	
Chris Johnson, NSW	166	Sindy Maricic, NSW	74
70kg Light Heavyweight			
Daniel Kerr, NSW	231		
50kg Super Light			

GET YOUR TICKETS NOW!


THE BRUCE LEE COLLECTION

FIND US ON FACEBOOK

KICKBOXERMAG.COM.AU


• Become a member • news/reviews • forum • competitions • and more!



GYM CLASSIFIEDS



DMD'S MIXED MARTIAL ARTS

If you're interested in Martial Arts, come in for a free trial. Class timetable available at reception or on our website.



134 Victoria Street, East Brunswick, VIC, 3057
Call Dave on **0409 791 154**
www.dmdmma.com.au



SEEN THIS?
So have thousands
of others

To be included in Australia's best
Kickboxing magazine call Keith on

03 9574 8460
for more info.

THE ONLY FIGHT FORUM THAT MATTERS!





Become a fan of International Kickboxer Magazine 

All the latest Fight News, Comments, Hot Topics & Discussions are at The IK Bulletin Board

www.kickboxermag.com.au

Colonel's GYM 3136

มวยไทย

MUAY THAI



- Traditional Muay Thai
- Beginners & Advanced
- Fighter Training
- Kids Classes
- Women's Self Defence
- Thai Fit Classes
- Strength & Conditioning
- Personal Training



DAVE 0404 945 420

Monday - Thursday
Fighters 5.30pm - 7pm
Beginners 7pm - 8pm

Studio 1/91 Dorset Rd Ferntree Gully VIC
Home of Colonel's Muay Thai

Over 20 Years Experience!

f 3136 Muay Thai Gym



- 4 FULL SIZE BOXING RINGS
- 1 COMPETITION GRADE OCTAGON CAGE
- 300 SQUARE METRES OF STRENGTH & CONDITIONING EQUIPMENT
- OVER 500 SQUARE METERS OF HIGH QUALITY MATTED FLOOR
- 24 BAG STATIONS
- SHOPFRONT THAT SELLS WHOLESALE GEAR TO THE PUBLIC
- FULL TIME FACILITY OPEN 7 DAYS A WEEK
- 1 CLUB, 1 MEMBERSHIP, ALL PROGRAMS
- MORE CLASSES, MORE OFTEN THAN ANY OTHER ACT GYM
- ORGANISED, PROFESSIONAL & DISCIPLINED

WWW.PHOENIXGYM.COM.AU
CANBERRA 02 62 4124 02



PTJ Muaythai Gym

- Head Trainer: Andrew Parnham
- Authentic Muaythai training
- Kids - Beginners - Advanced
- Fighter training Am - Pro
- Private Sessions available

f PTJ - Photajaroen Muaythai Gym

Unit 13 / 33 College St, Gladesville, NSW, 2111

P: 0433 713 833 E: info@ptjmuaythai.com.au

Opening Times

Mon - Fri: 17:00 - 20:30, Sat: 08:00 - 12:00

www.ptjmuaythai.com.au



PHON'S THAI MARTIAL ARTS CENTRE

WA'S ORIGINAL & BEST AUTHENTIC MUAY THAI SINCE 1989



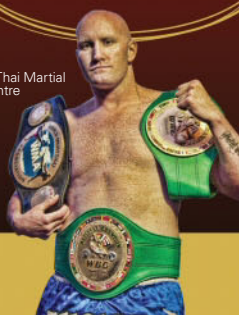
Phon's Thai Martial Arts Centre



PHON
MARTDEE
Chief Instructor



**FREE
FIRST SESSION
AT PHON'S GYM**



1 Edith Street, Northbridge Perth Western Australia 6000
9227 5296 • 0413 813 887 • WWW.MUAYTHAIPROMOTIONS.COM



**NOW TWO LEVELS
WITH 30 DIFFERENT CLASSES PER WEEK!**

RIDDLERS GYM

MUAY THAI BOXING | BJJ
FULL TIME MUAY THAI TRAINING CENTRE
• FULL TIME TRAINERS & A WEALTH OF EXPERIENCE
• MUAY THAI - BEGINNERS, INTERMEDIATE
ADVANCED, FIGHTERS & KIDS CLASSES
• BRAZILIAN JIU JITSU • BOXING • MMA
• MORNING & DAY CLASSES • STRENGTH
& CONDITIONING • PERSONAL TRAINING

Cnr Scarborough Beach Rd & Fairfield St,
Mount Hawthorn, Perth, Western Australia
ph: (08) 9201 0752 mob: 0415 122 856
www.riddlersgym.com.au

FIND US ON FACEBOOK f

APPS out now!



GYM CLASSIFIEDS

DIP MUAY THAI **CB** **JEAB**
MUAY THAI & BOXING



MUAY THAI & BOXING

- Fighters Class -Cardio Classes
- Kids/Teens Muay Thai
- Private Sessions

Training All Levels



DIP KAY JEAB

0409954641 Like us on Facebook
Shed 2, 3 Caravan St, Wendouree
www.dipmuaythai.com

ค่ายมวย
สีเฒ่าเพชร
SOR JAIPHET
100% pure Muaythai
Melbourne's longest running "REAL" Muaythai Team



FULL TIME GYM
Beginner to Advanced

Thai Style Fighter Training
6 Days p/w

Strength & Conditioning
Fully Equipped Gym

Personal Training

Fighter management

Training for guys & girls
All Welcome





FIRST SESSION FREE


15 Albert St. Richmond. VIC
Call - (03) 9429 7002
www.cmaf.com.au

COMBAT MMA & FITNESS

The Thai Boxing Pit
Head Trainer: Blair Smith



- Fighters gym, beginners to professional
- Weekdays 4:30 - 7:30pm
- Sundays intergym sparring 3:00 - 5:30pm
- All gyms/fighters welcome by prior arrangement
- Private sessions also available



f Thai Boxing Pit
Ph: 0421 152 615
Email: info@thaiboxingpit.com.au
www.thaiboxingpit.com.au

SELF DEFENCE & FITNESS FOR THE FAMILY

★ KICKBOXING ★ MUAY THAI ★ BOXING ★ MMA

WE TRAIN CHILDREN, LADIES, AMATEUR & PRO FIGHTERS

PRIVATE LESSONS AVAILABLE



DISCIPLINE & RESPECT FOR OTHERS

TRAIN WITH CHAMPIONS @ **BLACKTOWN**

40 THIRD AVE BLACKTOWN (DOWNSTAIRS FROM SUMMIT ROCKCLIMBING)
FOR MORE INFO: 0425 800 297 EMAIL: FULLFORCEGYM@HOTMAIL.COM

WWW.FULLFORCEGYM.COM.AU

WEIGHT LOSS
FITNESS/MOTIVATION
FRIENDSHIPS/SUPPORT

RING+BAGS
CARDIO
100% RESULTS
WEIGHTS

WE SPECIALISE IN
ALL ASPECTS OF MUAY THAI TRAINING

MUAY THAI CLASSES
SELF DEFENCE
PERSONAL TRAINING
STRENGTH & CONDITIONING
RUNNING & FITNESS
WEIGHT LOSS

WE ARE MOVING

New Address and Classes from 1 December 2014
Shop 12 - 715 South Road, Black Forest, SA 5035
Over 250sqm of Matted Training Area, Two Boxing Rings,
Heavy Bags, Lounge Area, Bathroom Shower Facilities,
Air Conditioning, Large Fans, all Brand New Equipments...

info@southsidemuaythai.com.au
Coach KAR 0416 140 612
Coach BAZ 0413 804 737
www.southsidemuaythai.com.au

SOUTHSIDE
MUAY THAI & FITNESS

Unit 2, 32 Paringa Avenue
Somerton Park 5044
South Australia



Respect is Earned.
Honesty is Appreciated.
Trust is Gained.
Loyalty is returned.

SOUTHSIDE

OFFICIAL YOKKAO TRAINING CENTRE

YOKKAO
Training Center

SOOT RAAENG GERT
SUJIT KITT
SG THAI BOXING GYM

- ★ HUGE 496SQM NEW FACILITY
- ★ TRADITIONAL STYLE & TECHNIQUE
- ★ ELITE LOCAL & THAI TRAINERS
- ★ BASED IN ALEXANDRIA, SYDNEY

CALL US TODAY
(02) 8084 1978

TWO FREE SESSIONS: THAIBOXINGSYDNEY.COM/MAG




Boxing, Kickboxing and Fitness Classes
www.themintmma.com.au
 4 Poa Court Craigieburn VIC
 Ph: (03) 8339 7000 Mob: 0423 164 730
 The Mint Martial Arts

WE'VE PUT MELBOURNE'S BEST TRAINERS ALL UNDER ONE ROOF! COME & SEE.



COMBAT MMA & FITNESS

Level 1, 15 Albert St RICHMOND, VIC
 PH: (03) 9429 7002
www.cmafit.com.au

MUAY THAI KICKBOXING, BRAZILIAN JIU JITSU, COMBAT CONDITIONING GYM

5 STAR FIGHT FACILITY & HIGH PERFORMANCE TRAINING CENTRE

FILIPINO MARTIAL ARTS, EMPTY HAND & WEAPON COMBATIVES



MUAY THAI



STRENGTH & CONDITIONING

facebook <http://www.facebook.com/groups/onyxfit>



Follow us on Instagram: [onyxfit](https://www.instagram.com/onyxfit)

BOXING/BJJ

26 Sphinx Way, Bibra Lake
 P: 0417 945 455
 E: onyxfit@mail.com
WWW.OXYX.T.COM

LUUCREATIVE
 — WILLIAM LUU —
 GRAPHIC DESIGNER & COMBAT SPORTS PHOTOGRAPHER



BRANDING
 CORPORATE ID
 PACKAGING

PHOTOGRAPHY
 TYPOGRAPHY
 WEB / UX

@LUUCREATIVE WLL FIGHT PHOTOGRAPHY
WWW.LUUCREATIVE.COM.AU

• weddings • promo • lifestyle •



noisy pixels
 PHOTOGRAPHY by EMANUEL RUDNICKI
www.noisypixels.com.au



KICKBOXING.COM.AU
RING SPORT PHOTOGRAPHER
Terry Vorg

Specialising in all ring sport events:
 Kickboxing - K1 - Muay Thai
 Boxing - MMA

0411-507-507
terry.vorg@kickboxing.com.au
www.kickboxing.com.au
www.facebook.com/terry.vorg



AUSTRALIA'S #1 MARTIAL ARTS MAGAZINE

BLITZ

AUSTRALASIAN MARTIAL ARTS MAGAZINE



THE ULTIMATE SUBMISSION
Kimura's jiu-jitsu legacy

FIGHTER'S GUIDE TO THE ARNOLD CLASSIC
Ready to Rumble?
Athletes' and experts' tips for tournament prep

FLICK YOUR FIGHT SWITCH
Mastering the mental side of combat

THE AIS' SECRET WEAPON
What drew Japan's judo team Down Under?

THE MAN
Behind The Mag

SILVIO MORELLI
PIONEERING MARTIAL ARTS MEDIA DOWN UNDER

SWING THIS, STRIKE HARDER!
Karate's chi-ishi vs India's clubbell

PINPOINT KUNG FU
Understanding Wing Chun's centrelines



FEBRUARY 2015
AUS. \$9.95 Inc. GST
NZ. \$9.95 Inc. GST



www.blitzmag.net

WWW.BLITZMAG.NET

In all good newsagents now. To order, phone: 03 9574 8460

MALE

55KG BANTAMWEIGHT

1	Danial Williams	WA
2	Jordan Godfredson	WA
3	Liam McNeill	VIC
4	Zac Einersen	WA
5	Peter Gittany	NSW

57KG FEATHERWEIGHT

1	Josh Tonna	ACT
2	Todd Greenaway	QLD
3	Matt Seden	QLD
4	Cain Brunton	VIC
5	Michael Gelsi	VIC
6	Trent Wright	QLD
7	Alex Amoroso	WA
8	Mikal Joubert	WA

60KG LIGHTWEIGHT

1	Dane Beauchamp	QLD
2	Reinhardt Badato	NSW
3	Roy Wills	WA
4	Matt McTavish	QLD
5	Joe Concha	NSW
6	Ghot Seur Noi	QLD
7	Bryan Hasse	VIC
8	Ben Sandejas	NSW
9	Rav Sidhu	SA
10	Brandon Spain	QLD
11	Tyler Hardcastle	WA
12	Kayne Young	NSW
13	George Worswick	WA
14	Gary Cairns	WA
15	Peter Cai	QLD
16	Kayne Young	NSW
17	Yvejac NTG	QLD
18	Tony McDonagh	WA
19	Greg Harte	WA
20	Aidan Wright	QLD
21	Ryan Mead	WA
22	Tim Mitchell	WA
23	Marko Orlovic	VIC

63KG JNR WELTERWEIGHT

1	Kurt Finlayson	QLD
2	Michael Thompson	QLD
3	Mark Sarracino	QLD
4	Beniah Douma	QLD
5	Mitchell Seth	WA
6	Wayne Martin	QLD
7	Mat Cashmore	NSW
8	Erik Miskle	VIC
9	Alexi Petroulias	VIC
10	Richard Fanous	VIC
11	Ramesh Habib	VIC
12	Matt Bune	QLD
13	Hamody Najjar	NSW
14	Cheyne Rees	NSW
15	Beau St Quentin	WA
16	Lloyd Dean	WA
17	Nathan Gamble	VIC
18	Fareed Habibeh	NSW
19	Eden Sayyadi	NSW
20	James Bertolami	WA
21	Moulay Bekkali	VIC
22	Blake Edwards	NSW
23	Brendan Durosielle	WA
24	AJ Brunton	VIC

25	Luen O'Connor	VIC
26	Lee Fook	ACT
27	Terry Kounsavat	NSW
28	Nathan Carroll	VIC
29	Yann Troubat	WA
30	Sean Knotley	NSW
31	Keiren Green	WA

66KG WELTERWEIGHT

1	Ben Burrage	NSW
2	Taylor Harvey	QLD
3	Glen Purvis	NSW
4	Elliot Compton	QLD
5	Chadd Collins	QLD
6	Jamie Stamp	QLD
7	Jake Moulden	QLD
8	Myles Simpson	SA
9	Bevan O'Malley	QLD
10	Ben Mahoney	QLD
11	Chris Daniell	WA
12	Andrew Webb	NSW
13	Ashley Powell	VIC
14	Anthony Foy	QLD
15	Blaine Molony	NSW
16	Ben Lane	QLD
17	Brent Dames	VIC
18	Steven Baldacchino	VIC
19	Matt King	WA
20	Matthew Smith	QLD
21	Nathan Robson	NSW
22	Blade Augey	NT
23	Nick Allen	VIC
24	Barrie Oliver	WA
25	Liam Woodhouse	WA
26	Glen Barrett	NSW



27	Mitchell Brisbane	NSW
28	Luke Romancuks	SA
29	Terry Balboa Kim	SA
30	Jordan Fielding	SA

68KG JNR MIDDLEWEIGHT

1	Michael Demetriou	VIC
2	Kym Johnson	SA
3	Rhyse Saliba	NSW
4	Yoshi Ueda	QLD
5	Jimmy Urwin	QLD
6	Piotr Lagodzki	QLD
7	Millad Farzad	WA
8	Lex Hanegraaf	SA
9	Phil Tyquin	NSW
10	Luis Regis	NSW
11	Pat Richards	VIC
12	Simon Coutsouvelis	VIC
13	Gary Patterson	NSW
14	Alex Job	WA
15	Franz Sanchez	NSW
16	Cam Hilton	QLD
17	Ben White	VIC
18	Lindon Wotton	NSW
19	Jacob Richards	QLD
20	Chris Watt	WA
21	Grant Jones	WA
22	Ryan McDonald	QLD
23	Cameron Webb	NSW
24	Michael Henson	SA
25	Ric Pisaneschi	WA
26	Richard Tom	VIC

72.5KG MIDDLEWEIGHT

1	Wayne Parr	QLD
2	Frank Giorgi	QLD
3	Toby Smith	WA
4	Steve Moxon	VIC
5	Marco Tentori	WA
6	Tass Tsitsiras	VIC
7	Dane Sky	QLD
8	Daniel Barber	NSW
9	Dinesh Kanth	VIC
10	Jake Lund	QLD
11	Chase Haley	VIC
12	Jamie Lunghitano	WA
13	Charlie Bubb	NSW
14	Chris Harrington	VIC
15	Roberto Serola	QLD
16	Jun Lee	QLD
17	Tom Harvey	NSW
18	Jake Gathercole	VIC
19	Hayden Lyon	SA
20	Khan Deatta	WA
21	Cody Barnwell	NSW
22	Jayden Tryhorn	QLD
23	Kosta Masmanidis	SA
24	Brady Paull	WA
25	Bentley Shefford	VIC
26	Evarard Augustine	NT
27	Luke Leedham	SA
28	Tom Burt	QLD
29	Dyllan Olsen	WA
30	Scott Wilson	NSW
31	Cobie Brigham	VIC
32	Simon Martinelli	WA
33	Daniel Soeurream	VIC
34	Martinho Tchong	NT

35	Brett McCluskey	VIC
36	Paddy Ryan	WA

76KG SUPER MIDDLEWEIGHT

1	Daniel Smyrk	VIC
2	Chris Johnson	NSW
3	Kim Olsen	WA
4	Michael Badato	NSW
5	Maseh Nuristani	VIC
6	Tim Atonio	VIC
7	Tainui Crouch	QLD
8	Emilio Schmidt	WA
9	Nick Barnes	QLD
10	Mark Lucchiari	QLD
11	Samuel Ballantyne	WA
12	Nicholas Trask	QLD
13	Michael Wiktora	WA
14	Jason Altmann	SA
15	Mark Gittins	NSW
16	Micka Taylor	QLD
17	Martin Kristoffersen	QLD
18	Sebastian Holmes	NSW
19	Ryan Barry	VIC
20	Drew Etherington	VIC
21	Junior Zakarija	NSW
22	Jacob Gelston	TAS
23	Fred Howe	TAS

79KG LIGHT HEAVYWEIGHT

1	Daniel Kerr	NSW
2	Brad Traynor	QLD
3	Areta Gilbert	VIC
4	Trent Hansen	NT
5	Les Clarke Jnr	VIC
6	Tom Boyle	SA
7	David Pennimpede	NSW
8	Daniel NTG	QLD
9	Tom Gathercole	VIC
10	Mark Roberts	WA

83KG SUPER LIGHT HEAVYWEIGHT

1	Rob Powdrill	WA
2	Charles August	SA
3	Kim Loudon	NSW
4	Daniel Way	VIC
5	Chris Bradford	VIC
6	Ben Johnson	QLD
7	Mark Job	WA

86KG CRUISERWEIGHT

1	Gaz Rees	ACT
2	Steve Behan	SA
3	Simon Maait	NSW
4	Derek Lowe	NSW
5	Nick Rundle	TAS
6	Brendon Wilkins	QLD
7	Scott Vezina	VIC
8	Matthew Routley	SA
9	Kyle Webb	VIC

95KG HEAVYWEIGHT

1	Nathan Corbett	QLD
2	Steve McKinnon	NSW
3	Stu McKinnon	NSW
4	Haysem Abdallah	VIC
5	Ray Dimachki	VIC
6	Jono Almond	VIC
7	Milos Rastovic	NSW
8	Michael Jenkins	VIC

9	Leon Valusaga	QLD
10	Nebs Ristic	VIC

95KG+ SUPER HEAVYWEIGHT

1	Paul Slowinski	SA
2	Peter Graham	NSW
3	Ben Edwards	ACT
4	Andre Meunier	VIC
5	Dan Roberts	NSW
6	Milos Ninkovic	NSW

FEMALE

50.5KG FLYWEIGHT

1	Kim Townsend	WA
2	Kristan Armstrong	NT
3	Jessica Yount	NSW



53KG JOCKEYWEIGHT

1	Serin Murray	NSW
2	Natasha Sky	QLD
3	Carol Earl	NSW
4	Kimberley Law	QLD
5	Christina Jurjevic	NSW
6	Sarah Rankin	QLD
7	Tali Silbermann	VIC
8	Sylvia Schiavoni	VIC
9	Lorryn Williams	QLD
10	Connie Pavlakis	NSW
11	Jodie Palozzi	NSW
12	Courtney Fox	NSW

55KG BANTAMWEIGHT

1	Alicia Pestana	WA
2	Narelle Leahey	QLD
3	Jen Cavanagh	QLD
4	Emma Graham	WA
5	Sam Brown	QLD
6	Yolanda Schmidt	NSW
7	Claire Foreman	VIC
8	Nicola Callander	WA
9	Kerrianne McKay	WA

57KG FEATHERWEIGHT

1	Caley Reece	WA
2	Kate Heuston	WA
3	Theresa Carter	WA
4	Sandra Brew	ACT
5	Evie Nicolopoulos	WA
6	Jacinta Paskalidis	VIC

60KG LIGHTWEIGHT

1	Leonie Macks	NSW
2	Sarah Lange	WA
3	Alana Neal	WA
4	Kim-Alina Baldacchino	VIC
5	Mei Ngo	VIC

63KG JUNIOR WELTERWEIGHT

1	Melissa Anderson	QLD
2	Claire Baxter	QLD
3	Tara James	ACT
4	Mel Perry	ACT
5	Leanne Coombes	NSW
6	Tracy Loca	NSW

66KG WELTERWEIGHT

1	Sindy Maricic	NSW
2	Chiqa Lovini-Jorgensen	QLD
3	Leanne Reid	NSW
4	Carleigh Crawford	WA
5	Stephanie Glew	WA
6	Stephanie Zakarija	NSW
7	Amelia Moore	ACT

About the Official International Kickboxer fighter ratings:

At its discretion *International Kickboxer* qualifies fights from national organisations that are deemed to have both the incentive and reputation for signing top-level fighters for their cards. A fighter must have numerous fights to qualify to be ranked. The ratings are compiled independently and without influence from any sanctioning body. While the utmost effort is made to include all top fighters, we cannot please everybody — we urge trainers and promoters to submit fighter records and updated results as they happen to ikratings@blitzmag.com.au or the official *IK* forum at www.kickboxermag.com.au. Furthermore, the final rankings are made at the sole discretion of *International Kickboxer* magazine.

  / FIGHTAUSTRALIA

AUSTRALIA'S #1 MIXED MARTIAL ARTS MAGAZINE

FIGHT!

AUSTRALIA

MIXED MARTIAL ARTS LIFE

FEB-MAR 2015

AUS. \$9.50 Inc. GST
N.Z. \$10.20 Inc. GST



**NICK
DIAZ**

TALKS COMEBACK
FIGHT VS
ANDERSON SILVA

**4 FOR
FIFTEEN**

THE FIGHTS WE WANT TO
SEE IN THE NEW YEAR

THE AUSSIES!

+ JAKE MATTHEWS
+ JESSY JESS
+ HECTOR LOMBARD



VITOR BELFORT

BELIEVES

WWW.FIGHTAUSTRALIA.COM.AU

In all good newsagents now. To order, phone: 03 9574 8460

BOXING
MUAY THAI
JIU JITSU
JUDO
MMA
FITNESS
STRENGTH

RINGSPORT®



WWW.RINGSPORT.COM.AU®

BOXING
MUAY THAI
JIU JITSU
JUDO
MMA
FITNESS
STRENGTH

AUSTRALIA'S PREMIER ONLINE BOXING & COMBAT SPORTS EQUIPMENT STORE



THE BIGGEST RANGE
IN ONE PLACE!



WWW.RINGSPORT.COM.AU



08 9446 2025



/RINGSPORT